

FITNESS
A^{TO}Z

PAGE
21

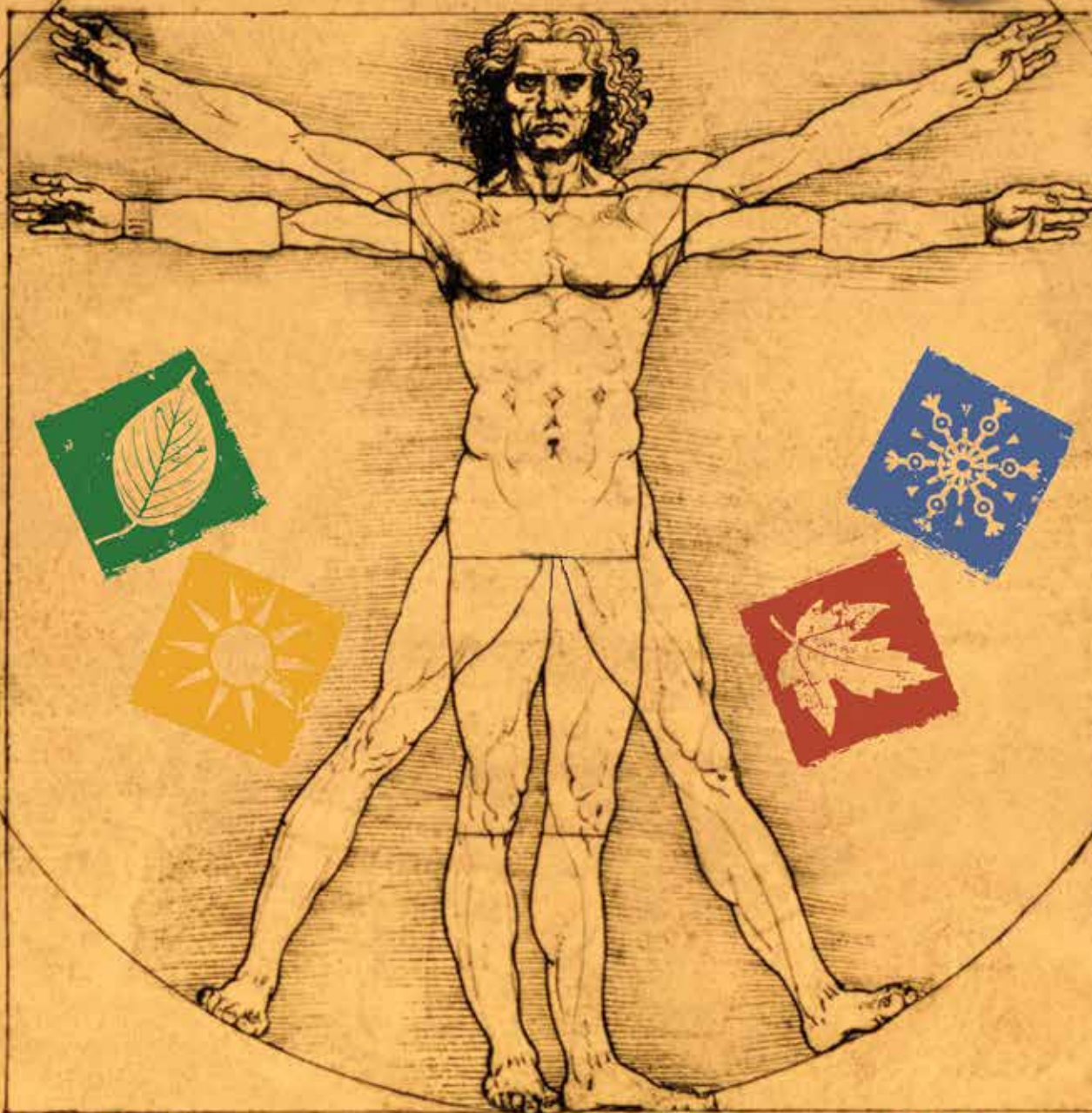


PAGES
12,13,14

**4 SEASONS
FOR
FITNESS**

50⁺ Sports & Fitness Catalog

NOVEMBER 2013 - NOVEMBER 2014



Pick a site closest to you!

Northwest



North Valley Fitness Room
3825 4th St. NW
505-761-4025



Los Volcanes 50+ Sports &
Fitness Center
6500 Los Volcanes NW
505-839-3710

Southeast



Manzano Mesa Multigenerational Center
501 Elizabeth SE
505-275-8731

Northeast



Palo Duro/50+ Sports & Fitness Ctr.
3351 Monroe NE
505-880-2800



North Domingo Baca Multigenerational Ctr.
7521 Carmel Ave. NE
505-764-6475

Southwest



Barelas Fitness Room
714 7th St. SW
505-764-6436



CITY OF ALBUQUERQUE

BERNALILLO COUNTY

DEPARTMENT OF SENIOR AFFAIRS



505-880-2800

www.cabq.gov/seniors

Citizen Contact Center: 311

Be Active, Stay Active!



Dear Friends,
As we all know, exercise and physical activity are good for everyone and an active lifestyle is more important now than ever. Staying active can help you improve your strength, have more energy to do the things you want to do, and even help prevent chronic disease such as diabetes, osteoporosis, and heart disease. Physical activ-

ity can be part of your everyday life and the City of Albuquerque's Department of Senior Affairs 50+ Sports & Fitness Program is committed to helping you stay active and fit. As part of this goal, Dr. Barry Ramo and I began the "Step It Up Albuquerque" initiative which challenged you to walk with us toward better health. Since then, over 5,000 people have joined and have walked over 600,000,000 steps toward a healthier lifestyle. If you need a program that motivates, challenges and excites you to get healthy, I encourage you to take a look through this 50+ Sports & Fitness catalog. The theme of this year's catalog is "Four

Seasons for Fitness." In Albuquerque we are lucky to have a wonderful climate with over 310 days a year of excellent weather. Whether you like indoor or outdoor activities such as hiking, skiing, kayaking, gentle exercise, yoga, weight training, pickleball, or aquatics, you will find something that is fun, challenging and beneficial to your well-being. Use this catalog to find an activity that interests you because being active and healthy is the best investment that you can make for yourself and your family.

Richard J. Berry
Mayor



The 50+ Sports & Fitness Program provides opportunities to learn safe, exciting, and fun ways to exercise.



City of Albuquerque
Richard J. Berry, Mayor

The 50+ Sports & Fitness Program is operated by the City of Albuquerque, Department of Senior Affairs, Recreation Division; with partial funding from the Area Agency on Aging. The 50+ Sports & Fitness Program headquarters is located at the Palo Duro 50+ Sports & Fitness Center at 3351 Monroe NE. The program designs and implements activities to keep adults aged 50+ active and healthy.

Jorja Armijo-Brasher,
Director, Department of Senior Affairs
Rhonda Methvin, Recreation Division Manager

Department of Senior Affairs Advisory Council

Yumi Johnson, Chairman	Felipe Gonzales
Debby Knotts	Grant Slade
Marianne Chiffelle	Susan White
Mabel Padilla	Agnes Vallejos
Tina King	

City Councilors

District 1	Ken Sanchez, VP	District 6	Rey Garduño
District 2	Roxanna Meyers	District 7	Janice E. Arnold-Jones
District 3	Isaac Benton	District 8	Trudy Jones
District 4	Brad Winter	District 9	Don Harris
District 5	Dan Lewis, President		



Dear Friends,

As the Director of the Department of Senior Affairs, I know the value of staying healthy and active as we get older. As we live longer, it is important that we eat well and exercise daily. Incorporating more activity and physical exercise into our everyday lives will help us maintain our strength, flexibility, balance, coordination, improve our ability to fight off disease, and improve our heart

health.

The Department of Senior Affairs 50+ Sports and Fitness Program has a wide variety of activities that can help all of us stay active as the seasons change. This year's catalog is "4 Seasons for Fitness" and as you look through the catalog you will see that there is something for every season of the year. Whether you like to hike in the summer, snowshoe in the winter, bike in the fall, on kayak in the spring, the program offers a wide variety of activities to keep you fit and active throughout the year. If you prefer the controlled climate of our indoor facilities, you can enjoy shuffleboard, pickleball, gentle aerobics, yoga, t'ai chi, and of course our adaptive aquatics classes which are taught in an indoor pool with a water temperature above 90 degrees year round. You are never too old to set another goal and you will always

take pleasure in the benefits of being active and healthy. No matter what your favorite season or interests, our 50+ Sports and Fitness Program has something for you. If you have any questions about our services, call our Sports and Fitness office at 880-2800 or you can call the Senior Information Line at 764-6400. Remember you are never too old to set another goal and you will always take pleasure in the benefits of being active and healthy. No matter what you're favorite seasons or interests, our 50+ Sports & Fitness Program has something for you.

Jorja Armijo-Brasher,
Director
Department of Senior Affairs

Closing Dates

Veteran’s Day.....	Monday, Nov 11, 2013
Thanksgiving Day.....	Thursday, Nov. 28-29, 2013
Christmas.....	Wednesday, Dec. 25, 2013
New Year's Day	Wednesday, Jan. 1, 2014
MLK Jr. Birthday	Monday, Jan. 20, 2014
President's Day.....	Monday, Feb. 17, 2014
Memorial Day	Monday, May 26, 2014
Independence Day	Friday, July 4, 2014
Labor Day	Monday, Sept. 1, 2014

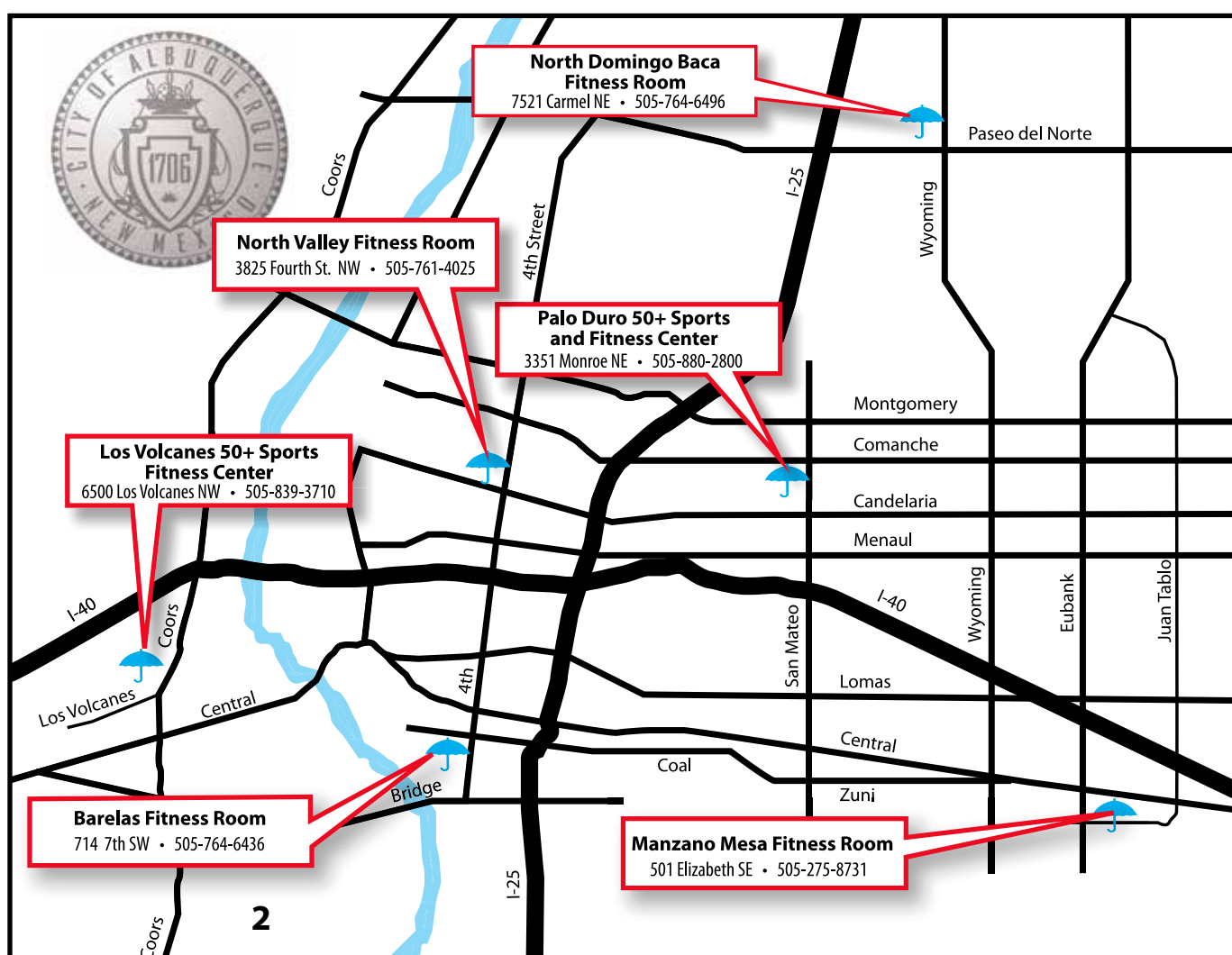
2014 Cleaning Dates

Palo Duro 50+ Sports & Fitness Center
March 31 - April 5 and September 8-13
Los Volcanes 50+ Sports & Fitness Center
February 3-8 and July 21-26
Manzano Mesa Multigenerational Center
February 10-15 and July 28 - August 2
North Domingo Baca Multigenerational Center
January 27 - February 1 and July 14-19



INSIDE
Sports & Fitness

50+ Games.....	21
Air Gun	12, 13, 14
Aquatics	21
Archery.....	22
Badminton	22
Basketball	22
Bowling	23
Chair Massage	30
Compete & Meet Games.....	11
Cross Country Skiing	23
Cycling.....	23
Dance.....	23, 24
Eastern Traditons (Nia Technique, Yoga, T'ai Chi).....	34, 35
Eight Ball Pool	25
Exercise	25, 26, 27, 28
Fantastic Freeze Fest	8
Fencing.....	28
Fitness Rooms.....	4
Golf	28
Horseshoes	28
Huachas	28
Indoor Rock Climbing	8
Karate.....	36
Manage Your Chronic Diseases (My CD).....	29
New Mexico Senior Olympics	15
Pickleball	30
Racewalking	30, 31
Racquetball.....	31
Roadrace.....	31
Self Defense.....	36
Shuffleboard	31
Softball	32
Summer Outdoor Recreation.....	9, 10
Swimming	32
Table Tennis	33
Talent Show	33
Tennis.....	33
Track.....	34
Volleyball	34
Volunteer Opportunities.....	5
Weight Training.....	36
Winter Outdoor Recreation	6, 7



Fitness Facilities

Palo Duro 50+ Sports & Fitness Center

3351 Monroe NE, Alb., NM 87110
Phone: 505-880-2800
Fax: 505-883-9362
Mon. - Fri. 7:00am - 7:00pm
Saturday 8:00am - 2:00pm

Los Volcanes 50+ Sports & Fitness Center

6500 Los Volcanes NW,
Alb., NM 87121
Phone: 505-839-3710
Fax: 505-839-9466
Mon. - Fri. 7:00am - 7:00pm
Saturday 8:00am - 2:00pm

Manzano Mesa Multigenerational Center Fitness Room

501 Elizabeth SE, Alb., NM 87123
Phone: 505-275-8731
Fax: 505-275-8734
Mon. - Fri. 8:00am - 9:00pm
Saturday 9:00am - 3:00pm

North Domingo Baca Multigenerational Center - Fitness Room

7521 Carmel NE, Alb., NM 87113
Phone: 505-764-6496
Fax: 505-764-6497
Mon. - Fri. 8:00am - 9:00pm
Saturday 9:00am - 3:00pm

North Valley Fitness Room

3825 4th St. NW, Alb., NM 87107
Phone: 505-761-4025
Fax: 505-761-4031
Mon. - Fri. 8:00am - 5:00pm
Tuesday 8:00am - 9:00pm
Sunday 12:45am - 4:30pm

Barelitas Fitness Room

714 7th St. SW, Alb., NM 87102
Phone: 505-764-6436
Fax: 505-764-6472
Mon. - Fri. 8:00am - 5:00pm
Saturday 9:00am - 3:00pm



Centers

Barelitas

714 7th St. SW, Alb., NM 87102
Phone: 505-764-6436
Fax: 505-764-6472
Mon. - Fri. 8:00am - 5:00pm

Bear Canyon

4546 Pitt NE, Alb., NM 87111
Phone: 505-767-5959
Fax: 505-767-5964
Mon. - Fri. 8:00am - 5:00pm
Wednesday 8:00am - 9:30pm
Saturday 9:00am - 3:00pm

Highland

131 Monroe NE, Alb., NM 87108
Phone: 505-256-2000
Fax: 505-256-2004
Mon. - Fri. 8:00am - 5:00pm
Wednesday 8:00am - 7:00pm
Saturday 10:00am - 4:00pm

Los Volcanes

6500 Los Volcanes NW,
Alb., NM 87121
Phone: 505-836-8745
Fax: 505-836-8749
Mon. - Fri. 8:00am - 5:00pm
Thursday 8:00am - 7:00pm
Saturday 9:00am - 1:00pm

Manzano Mesa Multigenerational Center

501 Elizabeth SE, Alb., NM 87123
Phone: 505-275-8731
Fax: 505-275-8734
Mon. - Fri. 8:00am - 9:00pm
Saturday 9:00am - 3:00pm

North Domingo Baca Multigenerational Center

7521 Carmel NE, Alb., NM 87113
Phone: 505-764-6475
Fax: 505-764-6489
Mon. - Fri. 8:00am - 9:00pm
Saturday 9:00am - 3:00pm

North Valley

3825 4th St. NW, Alb., NM 87107
Phone: 505-761-4025
Fax: 505-761-4031
Mon. - Fri. 8:00am - 5:00pm
Tuesday 8:00am - 9:00pm
Sunday 12:45am - 4:30pm

Palo Duro

5221 Palo Duro NE, Alb., NM 87110
Phone: 505-888-8102
Fax: 505-888-8107
Mon. - Fri. 8:00am - 5:00pm
Wednesday 8:00am - 7:00pm
Saturday 9:00am - 1:00pm

**50+ Sports and
Fitness Office
505-880-2800**

The City of Albuquerque, Department of Senior Affairs, has been serving Albuquerque and Bernalillo County residents for more than thirty years. Through innovative programs and quality services, we have evolved into an exemplary model, dedicated to enriching the lives of seniors. The services and opportunities listed in this catalog are especially designed for 50+ clients. Many of our programs have a minimum age requirement of 50 years to participate. Other programs, including Home-Delivered Meals, Transportation, and Care Coordination, which are funded by the Older American's Act, have a minimum age of 60. The Albuquerque 50+ Games are open to those who are age 50, or older, by December 31. Some services may request a contribution; however, no one will be denied services for not contributing.

Our Mission

The Department of Senior Affairs is a community leader, who in partnership with others, involves seniors and people of all ages in creating a community that enhances everyone's quality of life by providing opportunities that involve and assist seniors to achieve their potential, share their wisdom, maintain their independence and live in dignity.

If at any time you would like additional information on how to access services, please call Senior Information at (505) 764-6400 or the 50+ Sports & Fitness Program at (505) 880-2800.

Center Memberships
only \$13 yr.

Membership offers fitness programs as well as classes, travel, meals, computer labs, volunteer opportunities, competitive sports events, and much more at 6 Centers, 6 Fitness Centers and 2 Multigenerational Centers.

Dept. of Senior Affairs

50+ Sports & Fitness Program Volunteer Opportunities

Interested in volunteering for any of these activities?

Call 880.2800

Gain the satisfaction of helping others improve their health and fitness level! The 50+ Sports & Fitness Program offers a wide variety of volunteer opportunities. Senior Volunteers are encouraged to join the R.S.V.P. (Retired Senior Volunteer Program), which may offer insurance to and from work, meals and mileage reimbursements to qualified individuals.

Adapted Aquatics

Volunteers are needed to serve as additional and/or substitute instructors, help distribute equipment, and keep track of records and attendance.

Special Events and Front Desk

Volunteers are needed to help at the front desk and with special events at all our Fitness Centers.

Drivers

Volunteer drivers are needed to drive the participants to and from different program activities.

Albuquerque 50+ Games & The Compete & Meet Games

Our competitive games need volunteers to coordinate or assist in coordinating sporting events. This may include planning the event, setting up the facility, securing equipment, contacting athletes and soliciting donations. Help is also needed to coordinate workshops and trainings, and distribution of the 50+ Sports & Fitness Catalog.

Winter Sports

We need volunteers to help lead downhill, cross country and snowshoe trips. Volunteers drive the van, help with equipment, and coordinate events. Volunteers are also needed for our winter downhill ski competition.

Walking & Hiking

We are also looking for volunteers to help lead walking and hiking trips. Volunteers may drive the van, and/or help the program coordinator with equipment and trip logistics.

Exercise Classes & Weight Training Orientations

We are always looking for volunteers who are interested in being trained to lead exercise classes and give weight training orientations (Volunteer Orientation Coaches). Volunteers may serve as substitute exercise instructors and help with attendance reports and special projects. Volunteer Orientation coaches are trained by our certified personal trainers to assist clients in learning how to use the weight training equipment safely and effectively.

Orientation Coaches are needed at these sites:

- 1. **Palo Duro 50+ Sports & Fitness Center**
3351 Monroe NE, Alb., NM 87110 • 880-2800
- 2. **Manzano Mesa, Fitness Room**
501 Elizabeth SE, Alb., NM 87123 • 275-8731
- 3. **North Valley, Fitness Room**
3825 4th Street NW, Alb., NM 87107 • 761-4025
- 4. **Los Volcanes 50+ Sports & Fitness Center**
6500 Los Volcanes NW, Alb., NM 87121 • 839-3710
- 5. **North Domingo Baca, Fitness Room**
7521 Carmel Ave. NE, Alb., NM 87113 • 764-6496
- 6. **Barelas Fitness Room**
714 7th St. SW, Alb., NM 87102 • 764-6436



Volunteers



2014 Winter Outdoor Recreation



WINTER OUTDOOR RECREATION

Downhill & Cross Country Skiing • Snowshoeing • Snowboarding

SPECIAL WINTER TRIPS (Department of Senior Affairs Membership & Pre-registration required)

Valles Calderas National Preserve Cross Country and Snowshoe Day Trip

Every winter we offer this special trip for cross country skiers and snowshoers to the Valles Calderas National Preserve in the Jemez Mountains. The beautiful preserve is comprised of almost 89,000 acres including the headwaters of both San Antonio Creek and the East Fork of the Jemez River.

Palo Duro 50+ Sports & Fitness Center

Saturday January 25, 2014

Check in: 8:00 am • Return: 5:00 pm

Moonlight Trip

Saturday, February 15, 2014

Check in: 3:30 pm Return by 11:00 pm

\$9 transportation and \$10.00 paid to Valles Caldera National Preserve

Cindy McConnell • Info: 880-2800

"50+ Winter Sports Bunch Club" 2014 Overnight Trips

These out-of-town, overnight ski and snowshoe trips are organized by the 50+ Club.

The 'Winter Sports Bunch' is an association of Senior Citizens who enjoy taking Winter Sports trips together. This is a non-profit organization and the members are volunteers.

The organizers are planning three Winter trips in 2014. Costs are estimated and final costs are based on the number of participants. For more information, Cindy McConnell at 880-2800 or Joyce O'Connell at Jerce@hotmail.com.

Red River Ski Area & Enchanted Forest

X-Country Ski/Snowshoe Area.

Red River, NM, Jan. 14-16 • \$145 per person.

Durango Mountain/Durango Nordic Center,

Durango, Colorado

Feb 11-13, 2014 \$140. Per person

Wolf Creek Ski & Nordic Areas

Pagosa Springs-Wolf Creek, CO,

Mar. 4-6 • \$140 per person.



SANDIA PEAK

The Challenge Program is a series of consecutive lessons designed for the 50+ skier. Sandia Peak Ski Area invites you to ski with friends and instructors in your own age group.

Call 242-9052 or visit www.sandiapeak.com for more information.



SKI SANTA FE

Join Santa Fe Ski Area for our Seasoned Skier Program for ages 50+ and become a "Black Diamond Club" member. This 6-week program begins Monday, January 6.

For information & registration materials visit www.skisantafe.com



2014 WINTER SPORTS DAY TRIP



A City of Albuquerque, Department of Senior Affairs, Center membership and \$9 will cover the cost of transportation for each trip! Bring a sack lunch, snacks, water and dress warmly in layers.

Tuesday Cross Country Ski Trips

Enjoy the splendor of New Mexico's back country. Trips are open to intermediate or advanced skiers. Depending on snow conditions, destinations include the Jemez, Manzano, and Sandia Mountains. Equipment is not provided.

11 weekly trips from Jan. 7–Mar. 18, 2014
Check-In: 8:00 am
Depart: 8:30 am • Return: 4:30 pm
Cross country skiers must stay with the group.



Wednesday Snowshoeing Trips

Snowshoeing is easy, inexpensive and fun! Destinations include the Jemez, Manzano and Sandia Mountains, depending on snow fall. Snowshoers can bring ski poles for more stability.

11 weekly trips from Jan. 8–Mar. 19, 2014
Check-In: 8:00 am
Depart: 8:30 am • Return: 4:30 pm
Snowshoers must stay with the group.

Thursday Downhill Skiing & Snowboarding Trips

Let us do the driving and hit the slopes at Santa Fe ski area.

11 weekly trips from Jan. 9–Mar. 20, 2014
Check-In: 7:00 am
Depart: 7:30 am • Return: 4:30 pm
Downhill skiers and Snowboarders must purchase own lift ticket.
Seniors 72+ get FREE lift tickets

Friday Snowshoe 101 Trips

For those who would like to get outside, but need to build lung and leg power. Instruction includes snowshoe techniques and conditioning exercises and discussion of safety and minimal impact travel through the back country.

11 weekly trips from Jan. 10–Mar. 21, 2014
Check-In: 8:00 am
Depart: 8:30 am • Return: 12:00 noon
Snowshoers must stay with the group.

Cross Country Ski Classes

Check-In: 8:00 am • Return: 4:30 pm
\$15 per one-day class. Equipment will not be provided. Bring a sack lunch, snacks, water and dress in layers.

Beginning Cross Country Ski

Learn the basics of cross-country skiing.
Friday, January 3

Intermediate Cross-Country Ski Review

A refresher course for those who are intermediate to advanced skiers.
Friday, January 3.

Trips leave from Palo Duro 50+ Sports & Fitness Center

Space is limited.
Pre-payment is required to reserve your space.

For more info or to register call 880-2800



2014 Winter Outdoor Recreation



Winter Sports Competitions

a WINTER SPORTS EVENT THAT INCLUDES DOWNHILL SKIING, SNOWBOARDING & POKER RUN

Santa Fe Ski Area

Thursday, February 20, 2014

Events:

Modified Giant Slalom two runs—
throw out high time.

Age Categories:

50+ progressing in 5-year age increments. We reserve the right to combine age divisions depending on the number of entries.

Poker Run:

In this fun FREE event each contestant collects 2 poker cards at 5 different specific sites on the ski slopes and then play poker for prizes at the end of the day!

Entry Fee: \$18

Includes both events: lunch at Totemoff's Grill and Awards Ceremony! Client must purchase own lift ticket. Seniors 72+ ski for FREE.

Race Schedule:

8:00 - 9:30 am	Registration & Check-in Santa Fe Ski Area Base Lodge, La Casa Café
9:00 - 10:00 am	Practice
10:00 am - 12:00 pm	Downhill Race competition starts
12:00 - 2:00 pm	Poker Run
2:30 pm	Lunch & Awards Ceremony Totemoff's Grill at the Midway Lodge
4:00 pm	The van returns to Palo Duro 50+ Sports & Fitness Center.



Van transportation to and from each event is available for \$9 and leaves from Palo Duro 50+ Sports & Fitness Center

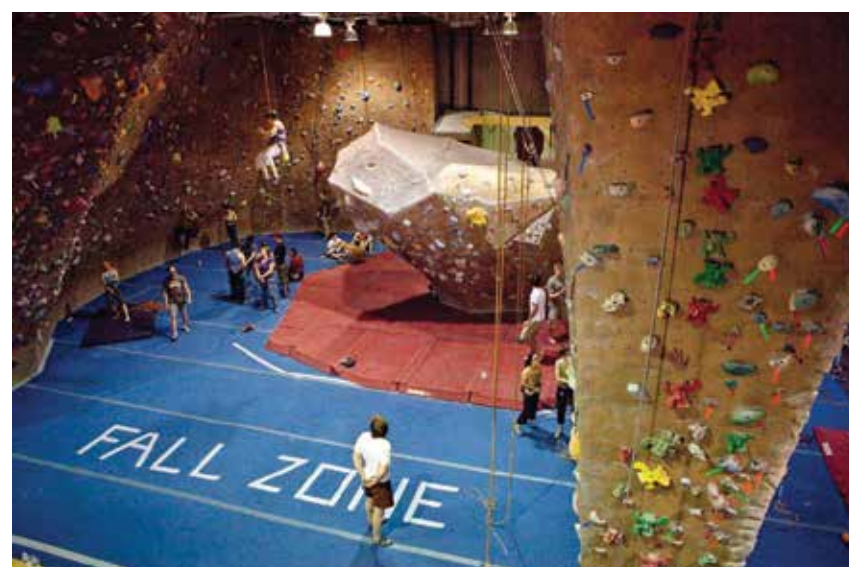
Indoor Rock Wall Climbing

The gym is a great place to begin your venture into Rock Climbing. Let Stone Age Climbing Gym's professional instructors help you get comfortable with basic climbing techniques and skills in a fun and relaxed atmosphere.

Call for information: 505-341-2016

Stone Age Climbing Gym current location through Feb. 2014
4201 Yale Blvd NE Albuquerque, NM 87107

New Location Coming Feb. 2014
4130 Cutler NE 87110



SUMMER OUTDOOR RECREATION

Biking • Hiking • Walking • Kayaking • Paddleboard

Summer Sports Day Trips

HIKING

50+ Sports & Fitness Program Hiking

These hikes are designed for the beginning to intermediate hiker, varying from easy/moderate (A/B) hikes to the more challenging (C/D) level hikes. See our descriptions so you can select to your abilities. Hike the Sandia, Manzano, Jemez and Pecos wilderness areas! Our focus is fitness, but we take time to stop along the way and view birds, wildlife and wildflowers. Bring your own lunch, snacks and drinks. Trip costs vary based on 5¢ per mile for van transportation. We will have a guest Master Naturalist, once a month that will help us explore our environment. Prepay to reserve your place!

April–October, 2014

Palo Duro 50+ Sports & Fitness Center
Monday, 7:15 am–5:00 pm

Hike Coordinators
Vivian Heyward & Cindy McConnell

N. Domingo Baca Fitness Center
Every other Wednesday, 8:00 am–5:00 pm
Dick Brown & Cindy McConnell

Los Volcanes 50+ Sports & Fitness Center
Every other Wednesday 7:15 am–5:00 pm

Hike Coordinators
Dick Brown & Cindy McConnell

LV-FIT & NDB-FIT dates are coordinated and offer True “B” Level hiking for hikers on both sides of Albuquerque.

Hiking 101

Would you like to hike with us, but you’re not sure you are up for the challenge? Then these half day hikes through the Albuquerque Foothills and East Mountains are for you. Learn hiking techniques, conditioning exercises, safety, and minimal impact travel through the back country. Soon you will be ready to join your friends on the ‘all-day’ trips with confidence and skill! Wear sturdy shoes or hiking boots, bring water and dress in layers. Nordic walking poles are provided by the center with a valid driver’s license.

Palo Duro 50+ Sports & Fitness Center
Session 1: Fridays - April 18, May 23, 2014
Session 2: Fridays – August 29 – October 3, 2014
Friday, 7:10 am– Return by 1:00 pm
Instructor: Cindy McConnell, 880-2800

Center Hiking (intermediate)

The Albuquerque Centers offer hike trips year round. Schedules are available at front desk of participating centers. Transportation cost is 5¢ per mile. www.ASCHG.org

Bear Canyon
Every other Thursday, 8:00 am
Sandy McAvoy

North Valley
Every other Thursday, 8:00 am
Bill Gloyd

Los Volcanes
Every other Friday, 8:00 am
Dick Brown

Highland
Every other Tuesday, 8:00 am
Pat Newman

Palo Duro
Every other Tuesday, 8:00 am
Marilyn Warrant

Palo Duro
Saturday, 9:00 am
Sue Pelletier

North Domingo Baca
Every other Friday, 8:00 am
Dick Brown

KAYAKING

Have you ever wanted to learn to kayak, but wanted to start in a safe, controlled environment while you master the basics? Learning to kayak is a fun way to experience the outdoors, and is a social activity that anyone can participate in. And because finesse and technique are more important than physical strength, it’s the perfect low-impact activity for “kids” of all ages.

This 2-part pool lesson and guided river instruction will expose you to the basics of

recreational kayaking. Part 1 takes place in an indoor, heated pool. Part 2 takes place on the scenic Rio Grande Bosque. You must attend at least one pool lesson to be eligible for the guided river lesson, regardless of your experience. Price includes kayaks, gear, and pool rental. Note - the price does not include travel to/from the bosque or pool. Call 880-2800 to sign-up, classes are limited to 10 people.



Los Altos Pool
Saturday, March 1,
4:00–8:00 pm

Sunday, March 9,
4:00–8:00 pm
Sunday, April 6,
8:00 am–12:00 pm

Rio Grande Float Trip:
Sunday, April 13,
9:00 am–3:00 pm

\$75 - 1 pool lesson,
\$120 - 1 pool lesson and guided river float trip (save \$30 when purchased together);
\$170 - 2 pool lessons & guided river float trip (savings of \$55)

Kelly Gossett, certified by the American Canoe Association in Coastal Kayaking Level 3 Skills, White Water Kayaking Level 4, Day Trip Leading & is a Level 2 Stand-up Paddleboarding Instructor.



2014 Summer Outdoor Recreation





2014 Summer Outdoor Recreation



WALKING

Walk About Albuquerque

Walkers will learn the science of walking, safety tips, different types of walking techniques and how to use a pedometer and walking poles. The program will explore the City of Albuquerque on your feet. The \$15 cost includes a pedometer, walking charts, instruction on correct walking techniques, handouts, the use of walking poles, an experienced, fun guide and transportation!

Walk About Tuesday

Week 1: A Blossoming Adventure

Walk the Botanical Park while learning how to walk for the health of it.

Week 2: Train to Bernalillo

A historical tour of old Bernalillo. Ride on the Rail Runner.

Week 3: Nob Hill

Learn about the architecture of this historical area of Albuquerque.

Week 4: The Albuquerque Bosque

Discover the natural side of Albuquerque.

Week 5: Take a Walk on the Wild Side!

Walk among the animals and be Wild!

Week 6: Plaza to Plaza

Civic Plaza to Old Town Plaza. 250 years of Albuquerque history.

Walk About Thursday

Week 1: UNM Campus

In 1892, Hodgin Hall was built on open grasslands; come explore the beautiful campus and gardens we know today!

Week 2: Coronado Monument and Tamaya Artwork

A walk through history at Coronado to the very contemporary Tamaya, along the familiar banks of the Rio Grande

Week 3: Downtown Public Art Walk/ Reynold Neighborhood

See where that "1% for the Arts" went. We'll find the beautiful and diverse artwork in the cool shadows of downtown

Week 4: Hubbel House/South Valley Neighborhoods

Explore the South Valley through its Open Spaces and the Historic Hubbel House

Tuesday Walks

Session I: Walk About Tuesday
March 25–April 29, 2014
Session II: Walk About Tuesday
May 6–June 10, 2014
Session III: Walk About Tuesday
August 26–September 30, 2014

Thursdays Walks

Session I: Walk About Thursdays
March 27–May 1, 2014
Session II: Walk About Thursdays
May 8–June 12, 2014
Session III: Walk About Thursdays
August 28–October 2, 2014

Week 5: Ridgecrest Neighborhood/ Veteran's Memorial

Under the shade trees of the post WWII era neighborhood, a lunch and a tour of the Veteran's Memorial

Week 6: Huning Highland Neighborhood/Martinez Town

The railroad brought work, goods and people who built "New Town". Learn of the architecture, industry and interesting history of this Albuquerque neighborhood.

Palo Duro 50+ Sports & Fitness Center, 3351 Monroe NE
Tuesday and Thursday, Trip departure times vary from 7:00–8:45 am, depending on the destination. Call 880-2800.

PADDLEBOARD

Are you ready to try another super fun water sport? It's time to go Stand Up Paddling. Stand up paddle boards are very stable so it is easy & fun to learn. SouthWest WindSports is offering classes in Albuquerque on the Rio Grande and at Cochiti Lake. You will learn: Safety and basic SUPing skills and how to control and maneuver them on the water, then get into the water and practice. Equipment (SUP board, paddle and life jacket) will be provided. Call 880-2800 to sign-up, class is limited to 8. Transportation is not provided.

Rio Grande River (in Abq/Rio Rancho) or Cochiti Lake
4 Classes in 2014:
May – TBA 2014
June TBA, 2014,
July TBA, 2014,
August TBA, 2014
\$40/class
Michael Pogzeba,
SUP & Windsurfing Instructor



The 2014 “Compete & Meet” Games

Sponsored by the City of Albuquerque, Department of Senior Affairs, 50+ Sports and Fitness Program

The 2014 Compete & Meet Games offers competitions and workshops open to all athletes, nationwide, 50 years and older. Compete against your peers in Pickleball and Weight Lifting. Learn or perfect your Swimming or Track & Field technique at our workshops. Each competition includes a great time and medals to the 1st, 2nd and 3rd place winners.



Pickleball Tournament

Join us for great competition. There is something for everyone no matter what skill level you are! Pickleball is the fastest growing sport in America!

Try it and find out why!

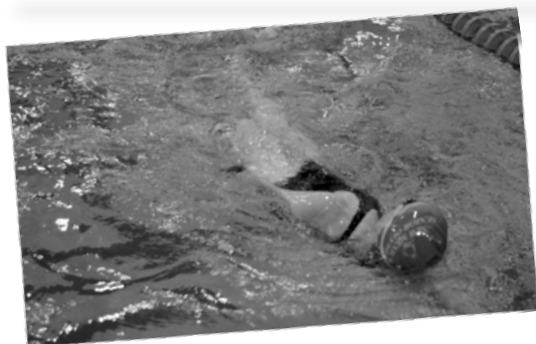
Indoor Pickleball Doubles Tournament

Manzano Mesa Multigenerational Center, gym
Friday evening - Saturday-Sunday
January 3, 4, 5, 2014

8:00 am

\$10 per event with current center membership.

Register by: Monday, December 30, 2013



Swim Workshops

Come to our Learn to swim workshop for beginners or experience our technique “tune-up” swim workshops. Tim Wilde will be our lead instructor guiding participants through various drills in all four strokes as well as on body position and turns.

Los Altos Pool

Sunday, January 12, 2014

9:00 am

Suggested donation of \$3.00

Highland Pool

Sunday January 26, 2014

10:00 am

Register by:

Tuesday, January 21, 2014

West Mesa Aquatic Center

Sunday, February 23, 2014

12:00 pm

Register by:

Friday, February 21, 2014



Track & Field Workshop

Practice your running and throwing events and learn new track & field skills! Experts will be coaching participants on running, discus, shot put, pole vault, long jump, and high jump.

Albuquerque Convention Center Indoor Track

Saturday, March 8, 2014

6-9 pm

FREE

Pre-Register at one of our centers or onsite.



Bench Press Competition

Competition is organized in age groups of both men and women. Individual medals will be given to the top 3 winners in each category. There will be a traveling trophy awarded to the gym with the strongest team of athletes entered.

Awards will be determined on a ratio of body weight to weight lifted. Gyms may enter as many teams or individuals as they wish.

Bench Press Workshop

Saturday, August 9, 2014

10:00 am

North Domingo Baca Multigenerational Center

Register by:

Monday, August 4, 2014

\$10; Free w/event registration
National power lifting rules apply and categories will be based on the number of entries.

Bench Press Competition

Saturday, October 11, 2014

10:00 am

North Domingo Baca Multigenerational Center

Register by:

Monday, October 6, 2014

\$10

National power lifting rules apply and categories will be based on the number of entries.

Call 880-2800

Palo Duro 50+ Sports & Fitness
Center for more information

PICKLEBALL TOURNAMENT • SWIM WORKSHOPS
TRACK & FIELD WORKSHOP • BENCH PRESS COMPETITIONS

Compete & Meet Games

ALBUQUERQUE 50+ GAMES



DEADLINE FOR ENTRIES

One week prior to each 2014 event, by 7:00 PM

The Albuquerque 50+ Games offer athletic competitions for people 50+. The qualifying winners of the local games are invited to participate in the New Mexico State Senior Olympics where you can qualify to compete at the National Senior Games.

Get in Shape for the Competitions!

The 50+ Sports & Fitness Program offers ongoing exercise classes and "state-of-the-art" weight rooms available for use to build muscle strength and endurance.

REGISTRATION

One registration form covers all events for the 2014 Albuquerque 50+ Games. Registration forms must be completed and submitted to one of our Sports and Fitness centers or to the Albuquerque 50+ Games (Palo Duro 50+ Sports & Fitness Center) office. Incomplete registrations cannot be entered into the computer and will not be accepted! Late, on-site registration will be permitted only for track & field events. There will be a \$10 late registration fee taken for the track meet. Registration is not valid without membership and signed liability waiver.

DEADLINE

All registrations are due by 7:00 pm one week before each 2014 event.

February events:

Cycling Workshop, ABQ 50+ Games Talent Show & Dance rules meeting, Air Gun Workshop

March events:

Airgun, Shuffleboard, Indoor Track and Field Workshop, Bowling, Table Tennis, Swimming, Eight Ball Pool, Racquetball, Badminton

April events

5K Race Walk, Basketball (3 Point & Free Throw), Talent Show and Dance, Pickleball, 5K & 10K Road Race, Huachas, Tennis

May events: Track & Field, Recreation fun events, Golf, Cycling, Horseshoes, Archery

Late or incomplete registrations (except for the track & field competition) will only be accepted if time permits. The track & field competition will hold open, late registrations on site at the Albuquerque Academy on Friday and Saturday, May 2 & 3, 2014. The additional fee for on-site or late registration at the track meet will be \$10.

LOCATION

The Albuquerque 50+ Games are held at a number of Albuquerque locations during the months of March, April and May, 2014. All events are listed in the competition schedule on page?

ELIGIBILITY

The Albuquerque 50+ Games is an event open to all people who are residents of the Albuquerque/Bernalillo County area, and who are at least fifty years of age by December 31, 2014. In addition, each Albuquerque 50+ Games participant must correctly complete a registration form, turn it in by the deadline and pay all fees. New Mexico residents from other counties may enter the Albuquerque 50+ Games, if their chosen events are not available in their counties. All fees must be paid for local games registrations.

ATTENDANCE

We do not mail out reminder notices. It is the responsibility of the participant to note the time and place of each event and to arrive before the event time. Times and locations are subject to change and participants will be notified in these cases.

EVENT

An "event" is defined as a single contest in a particular sport. For example: The 50-meter run and the 100-meter run are two events. Participants may enter a total of 20 events at the Albuquerque 50+ Games. Eight of the 20 events may be track & field and eight may be swimming. At New Mexico State Senior Olympics, you may enter no more than 10 events. The events must be those which you qualified at the Albuquerque 50+ Games (excluding fun events, volleyball, softball and basketball team sports).





AGE DIVISIONS

In singles events, participants may not play up or down in age, but play in their own age group. Age categories:

50-54 70-74 90-95
55-59 75-79 95-99
60-64 80-84 100+
65-69 85-89

The only exception is the Talent Show and Dance Competition. The age categories are 50-69 and 70+.

Age division for doubles and mixed doubles competition will be determined by the age of the younger partner as of December 31, 2014.

Age division for team competition is determined by the youngest member of the team as of December 31, 2014. Team competition age divisions are:

50+ 55+ 60+ 65+
70+ 75+ 80+

ENTRY FEE Assistance

Entry fee assistance is available from the Albuquerque 50+ Games. Call the Palo Duro 50+ Sports & Fitness Center at 880-2800.

REFUNDS

NO REFUNDS AFTER JUNE 30, 2014.
All fees must be paid at registration. Please make checks payable to the CITY OF ALBUQUERQUE.

PARTNERS/TEAMS

Your doubles partner and/or each team member must also register separately.

PACKET PICK-UP

Packets for all sports will include; T-shirt, event information, New Mexico State Olympics information, and bib numbers for events requiring numbers. Packets will be available 1 week prior to your event at Palo Duro 50+ Sports & Fitness Center.

AWARDS

First, second and third place winners are awarded ribbons at the conclusion of their events. The top 6 finishers in each age category, male and female, will qualify to participate in the New Mexico State Senior Olympics in Roswell, New Mexico July 16-20, 2014.

RULES

The 2014 New Mexico Senior Olympics Rule Book will be available for view at the Palo Duro 50+ Sports & Fitness Center and online at www.nmseniorolympics.org Events are governed by the National Senior Games Association and the New Mexico Senior Olympics Board of Directors. Please note there are always important rule changes for the local, state and National Senior Games.

RESULTS

Results for the Albuquerque 50+ games, New Mexico State Olympics, and National Senior Games, and the revised minimum performance standards for the National Senior Olympics, are located at the Palo Duro 50+ Sports & Fitness Center.

VOLUNTEERS NEEDED!!

Volunteers play a vital role in the Albuquerque 50+ Games. Assistance is needed to coordinate the sports, to do computer data entry, record keeping, fund-raising, public relations, and more. Please call the Albuquerque 50+ Games Center at 880-2800 if you would like to volunteer.

MEDICAL

It is strongly recommended that all participants receive a medical clearance prior to competition. It is also required that the liability waiver on the registration form be completed and signed.



FEES

DSA Membership	\$13
Registration for Single Event	\$10
Registration Fee Multiple Events	\$17
(T-shirt, and awards)	
Golf Fees: (Men & Women) All ages: 50+,	
Mandatory Cart included	
Without Season Pass	\$35.80
With Season Pass	\$17.80
Bowling, per event	\$ 6.00
Track & Field, late fee	\$10.00





2014 Albuquerque 50+ Games Competition & Workshop Schedule

Deadline for entry
is one week
prior to event..

Sports	Events	Date	Time	Location	Coordinator-Phone
Air Gun (Rifle & Pistol)	Workshop	Sat., Feb. 22, 2014	8:00 am	Eldorado High School	Dick Perry 856-7008
	Competition	Sat., Mar. 8, 2014	8:00 am		Maj. Jim Koerber 296-4871 x1408
Archery	Competition: Compound Release Aid, Compound Finger Shooter, Conventional Recurve	Sat., May 17, 2014	9:00 am	Archery Range, Tijeras, NM	Charlie Barns 344-8644
Badminton	Competition: Singles, Doubles & Mixed Doubles	Fri., Sat., Mar. 28-29, 2014	9:00 am	Manzano Mesa Multigenerational Center	Terry & Nan Lauritsen 266-8237
Basketball (State Only)	Competition: Free Throw, Best of 15 Free Throws	Sat., Apr. 5, 2014	12:00 pm	Manzano Mesa Multigenerational Center	Brett Steinmetz 880-2800
	Competition: 3 Point Shot, Best of 6 Shots	Sat., Apr. 5, 2014	12:00 pm	Manzano Mesa	
	Competition: 3x3, Half Court, Men & Women	TBA			NM State Senior Olympics
Bowling	Practice/Competition: Singles	Tues., Mar. 11, 2014	8:30 am/9:00 am	Leisure Bowl	Leisure Bowl 286-4371
	Practice/Competition: Doubles	Wed., Mar. 12, 2014	8:30 am/9:00 am		Charlotte Lober 299-2042
	Practice/Competition: Mixed Doubles	Wed., Mar. 12, 2014	12:30 pm/1:00 pm		
	Practice/Competition: Team Bowling	Fri., Mar. 14, 2014	8:30 am/9:00 am		
Cycling	Workshop:	Thurs., Feb. 27, 2014	1:00 pm - 2:00 pm	McKinley Community Center	Peter Stirbis 299-8442
	Competition: 5K, 10K & 20K	Sat., May 10, 2014	Check-In 7:30 am	TBA	
	Competition: 1 Mile & 40K	Sun., May 11, 2014	Check-In 7:30 am		
Dance	Meeting:	Tues., Feb. 25, 2014	1:00 pm	Los Volcanes Senior Center	Brett Steinmetz 880-2800
	Dress Rehearsal:	Mon., Apr. 7, 2014	8:00 am	African American Performing Arts Center	
	Competition: Country Waltz, Ballroom, Jitterbug, Line, Country Western, Latin (Cha Cha, Samba, Rumba, Merengue), Polka	Tues., Apr. 8, 2014	1:00 pm		
Field Events (also see Track)	Competition: Discus, High Jump, Javelin, Shot Put, Pole Vault	Fri., May 2, 2014	5:30 pm	Albuquerque Academy	Brett Steinmetz 880-2800
Golf	Competition: Men's 18 Hole Scratch	Thurs., May 8, 2014	Tee Times TBA	Arroyo del Oso Golf Course	Brett Steinmetz 880-2800
	Competition: Women's 18 Hole Scratch				
Horseshoes	Competition: Singles	Sat., May 17, 2014	TBA	Los Altos Park	Brett Steinmetz 880-2800
Huachas	Practice/Competition: Singles & Doubles	Thurs., Apr. 24, 2014	10:00 am	Palo Duro Sports & Fitness	Brett Steinmetz 880-2800
Eightball Pool	Meeting: Players	Sat., Mar. 8, 2014	10:30 am	Doc & Eddy's	Brett Steinmetz 880-2800
	Competition: 8 Ball	Sat., Mar. 8, 2014	11:00 am		
Pickleball	Competition: Singles, Doubles, Mixed Doubles	Fri.-Sat.-Sun., Apr. 11, 12, 13, 2014	9:00 am	Manzano Mesa Multigenerational Center	Gary Rutherford 507-3663
Racewalk	Competition: 5K Race Walk	Sat., Apr. 5, 2014	8:00 am	Tingley Beach	Lenny Krosinsky 250-2283
Racewalking	Competition: 1500 Meter Race Walk	Sat. Apr. 5, 2014	9:00 am	Albuquerque Academy	Lenny Krosinsky 250-2283
	Competition: 400 Meter Power Walk				
Racquetball	Clinics: Offered Thursdays	All Year	Call for Info	Midtown Sports & Wellness Club	Paula Sperling 888-4411
	Competition: Singles, Doubles & Mixed Doubles	Thurs., Mar. 27, 2014	8:00 am		
Recreation Events (Also see Field & Track)	Competition: Frisbee Accuracy Throw, Frisbee	Sat., May 3, 2014	9:00 am	Albuquerque Academy	Brett Steinmetz 880-2800
	Distance Throw, Soccer Kick, Softball Throw				
Roadrace	Competition: 10K and 5K Run	Sat., Apr. 12, 2014	7:00 am	TBA	Brett Steinmetz 880-2800
Shuffleboard	Competition: Singles	Fri., Mar. 7, 2014	9:00 am	Manzano Mesa Multigenerational Center	Gladys Peltomaki 836-8745
	Competition: Doubles	Sat., Mar. 8, 2014	9:00 am		
Softball			TBA		NM State Senior Olympics
Swimming	Warmup:	Sat., Mar. 22, 2014	8:00 am	West Mesa Aquatics Center	Tim Wilde 269-0645
	Competition: Breaststroke: 20, 100, 200; Freestyle: 50, 100, 200, 500; Backstroke: 50, 100, 200; Butterfly: 50, 100; Indiv. 100 & 200 (4 Stroke, 1 Swimmer); Relay Medley: 100 (Open Strokes, 4 Swimmers)		9:00 am		
Table Tennis	Workshop:				Marv Sommers 239-1443
	Competition: Singles, Doubles & Mixed Doubles	Sat.-Sun., Mar. 15-16, 2014	8:00 am	North Valley Senior Center	Marv Sommers 239-1443
Talent Show	Mandatory Meeting:	Tues., Feb. 25, 2014	1:00 pm	Los Volcanes Senior Center	Brett Steinmetz 880-2800
	Dress Rehearsal:	Mon., Apr. 7, 2014	8:00 am	African American Performing Arts Center	
	Competition: Dance, Vocal Solo, Reading, Vocal Group, Band Contest, Instrumental, Comedy	Tues., Apr. 8, 2014	1:00 pm		
Tennis	Competiton: Singles, Doubles & Mixed Doubles	Fri.-Sat.-Sun., Apr. 25, 26, 27, 2014	8:00 am	Jerry Cline Tennis Complex	Brett Steinmetz 880-2800
Track (also see Field)	Competition: 100, 200, 400, 800, 1500 run; 400 coed, Long Jump M relay (2 men, 2 women); 400 & 800 M est. time, Running Long Jump	Sat., May 3, 2014	9:00 am	Albuquerque Academy	Brett Steinmetz 880-2800
Triathlon (State Only)	Competition: Swim 400M, Cycling 20K, Road Race 5K	TBA		TBA	NM State Senior Olympics
Volleyball (State Only)		TBA		NM Senior Olympics	Dora Gunkle 299-4867

NM Senior Olympics

Attention Athletes



New Mexico Senior Olympics 2014 SUMMER GAMES

Roswell, New Mexico

July 16–20, 2014

2014 is a qualifying year to participate at the 2015 National Senior Games in Minneapolis, MN, July-Aug 2015

Early Bird Registration Deadline – \$45
By May 16, 2014

Regular Registration Deadline – \$60
by May 30, 2014

Late Registration Deadline – \$75
by June 6, 2014

There will be no registrations accepted after this date.

Athletes have 2 ways to register for the New Mexico Senior Olympics.

• Register online at
www.nmseniorolympics.org.

• Mail your registration directly to
New Mexico Senior Olympics, Inc.,
PO Box 2690, Roswell, NM 88202-2690,
575-623-5777.

Team competitions which include basketball, softball, and volleyball are New Mexico Senior Olympics competitions only.

PLEASE NOTE

You **MUST** compete in the same events at the Albuquerque 50+ Games to qualify to compete at New Mexico Senior Olympics. **Not all events are offered at all levels** so read your competition schedule carefully and plan accordingly.

NEW MEXICO

Senior Olympics

For more information call:
**New Mexico Senior
Olympics 1-888-623-6676**

Or e-mail:
nmso@nmseniorolympics.org

“Compete & Meet” Events At-A-Glance

OPEN TO ALL! 50+ to 100+

Don't miss these special competitions and workshops open to athletes outside Albuquerque and New Mexico!

Due to budget restraints, we will not mail out reminder notices. It is the responsibility of the participant to note the time and place of each event and to arrive 15 minutes before the default time.

Cycling Workshop

McKinley Community Center
Thursday, February 27 1:00 pm
Register by Wednesday, February 26
FREE
Peter Stirbis 299-8442

Swimming Workshop - Learn to Swim!!

Los Altos Pool
Sunday, January 12 9-11am
Register by Thursday, January 9
\$3 Donation
Tim Wilde 269-0645

Swimming Workshop

Highland Pool
Sunday, January 26 10am - 12pm
Register by Thursday, January 23
\$3 Donation
Tim Wilde 269-0645

Swimming Workshop

West Mesa Pool
Sunday, February 23 10am - 12pm
Register by Thursday, February 20
\$3 Donation
Tim Wilde 269-0645

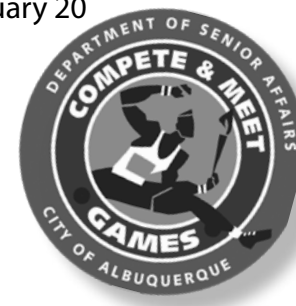
Track & Field Workshop

Albuq. Convention Center
Register by
Monday, March 10 6-9 pm
FREE
Brett Steinmetz 880-2800

Benchpress Workshop

North Domingo Baca 50+ Sports & Fitness Center
Saturday, August 9 10am
Register by Friday, August 1
\$10
Dominic Savaadra 764-6496

Indoor Pickleball Doubles Tourney
Manzano Mesa Multigenerational Center
Fri., Sat., Sun., January 3, 4, 5 9am
Register by Friday, December 27, 2013
\$10/event
Gary Rutherford 507-3663



2014 Calendar At-A-Glance



JANUARY

Pickleball Compete and Meet Indoor Tournament
January 3, 4, 5

X/C Ski Lesson
January 3

X/C Ski, Snowshoe and Downhill Ski Trips begin

Learn to Swim Clinic
January 12

ABQ 50+ Games Swim Clinic
January 26 Highland Pool

Ski Season, Snowshoe, Cross Country ski trips



FEBRUARY

Fantastic Freeze Fest Ski Race Feb 20

Air Gun Workshop February 22
Eldorado High School

Talent and Dance rules meeting Feb. 25

Cycling Workshop Thur. Feb. 27

Swimming Workshops, Sun., Feb. 23

MARCH

50+ Games Air Gun Competition
March 8

50+ Games Shuffleboard Competition
March 7, 8

Track and Field Indoor Workshop
March 8

Kayaking Lessons March 1 & 2

50+ Games Bowling Competition
March 11, 12, 14

50+ Games Table Tennis Competition
March 15, 16

50+ Games Swimming Competition
March 22

Walk About Tuesday Session 1 begins
March 25

Walk About Thursday Session 1 begins
March 27

MARCH con't.

50+ Games Racquetball Competition
March 27

50+ Games Badminton Competition
March 28, 29

50+ Games Eight Ball Competition
March 29



APRIL:

New Mexico State Games registration starts April 1

50+ Games Basketball Free Throw and 3 Point Shot Contest April 5

50+ Games 5K Racewalk Competition
April 5

Kayaking Lesson April 6

50+ Games Talent and Dance Show Rehearsal April 7

50+ Games Talent and Dance Show
April 8

50+ Games Pickleball Indoor Competition April 11, 12, 13

50+ Games 5K and 10K Road Race Competitions April 12

Kayak Rio Grande River Trip April 13

Hiking 101 Trips begin April 18

Fitness Hiking Trips begin

50+ games Huachas Competition
April 24

50+ games Tennis Competition
April 25, 26, 27

MAY

Fitness Hiking Trips continued

50+ Games Track and Field Competition May 2, 3

Walk About Tuesday Session 2 begins
May 6

Walk About Thursday Session 2 begins
May 8

APRIL con't.

50+ Games Golf Tournament May 8

Paddleboard Trip May 1

50+ Games Cycling Competitions
May 10, 11

50+ Games Archery Competition
May 17

50+ Games Horseshoes Competition
May 17



JUNE

Fitness Hiking Trips continued

Walk About Trips continued

Paddleboard Trip March 2

JULY

Fitness Hiking Trips continued

New Mexico State Senior Olympics
July 16 - 20 Roswell, NM

Paddleboard Trip July 3

AUGUST

Fitness Hiking Trips continued

Paddleboard Trip August 4

Bench Press Workshop
August 9
North Domingo Baca
MultiGenerational Center

Walk About Tuesday Session 3 begins
August 26

Walk About Thursday Session 3 begins
August 28

SEPTEMBER



Fitness Hiking trips continued

Kayak Lessons

Walk About Tuesday Trips Continued

Walk About Thursday Trips Continued

OCTOBER

Fitness Hiking Trips continued

Kayak River Trip 2

Bench Press Competition
October 11
North Domingo Baca
MultiGenerational Center



Call 880-2800
www.cabq.gov/seniors
Citizen Contact Center: 311

Programs & Activities REGISTRATION FORMS



This insert section contains all forms for you to register for, or enter our varied programs and/or activities. This is your first step to long-term fun, long-term friendships and more importantly, long-term health!

 Make checks payable to the City of Albuquerque. Mail your registration to Palo Duro 50+ Sports & Fitness Center, 3351 Monroe NE, Albuquerque, NM 87110

Compete and Meet Games Registration Form

PLEASE PRINT

Name: _____
Last First Middle

Address: _____
Street City
State Zip

Home Phone: _____ Work Phone: _____

Cell Phone: _____ E-mail: _____

☐ I am interested in volunteering with the 50+ Sports and Fitness Program

Emergency Contact: _____
Name Relationship Phone

Age: _____
as of December 31, 2014

☐ Male ☐ Female
Date of Birth: _____
____/____/____

Skill Rating: _____

LIABILITY WAIVER: I, the undersigned participant, hereby agrees to indemnify and hold harmless, the City of Albuquerque, Albuquerque Academy, West Mesa Aquatics Center, Los Altos Pool, their agents, employees, representatives and assigns, from any and all actions, cause of actions, or claims of whatsoever kind or nature which I or my representatives or assigns may have, or at any time in the future have as a result of injury arising out of my participation in the Albuquerque Compete and Meet Games. I warrant and represent to the sponsors that I have prepared myself for the event, which I have entered by practicing the same prior to my participation in the Albuquerque Compete and Meet Games. I warrant and represent to the sponsors that I am in good physical health and condition and I am physically able to compete in the events I have selected. I know of no physical restrictions, which would prohibit my participation in the events that I have selected. I have been advised by the sponsors that it would be in my best interest to consult my physician prior to my preparation in regard to my participation in the Albuquerque Compete and Meet Games. I recognize and understand that the preparation and the competition may necessitate strenuous physical activity and could possibly activate any unrecognizable pre-existing medical disorder, which I may have, thereby resulting in serious or life-threatening physical harm to me. The City of Albuquerque has my permission to have a physician treat me, if needed, during my participation in the events of the Albuquerque Compete and Meet Games.

Signature _____ Date _____

By completing this registration, I agree to abide by all the rules and regulations of and by the City of Albuquerque Compete and Meet Games, to observe all rules of play, to exercise good sportsmanship and follow all written and or oral instructions given to me by authorized personnel of the City of Albuquerque, Albuquerque Academy, West Mesa Aquatics Center, and Los Altos Pool.

REGISTRATION FEES:

City of Albuquerque Center Membership\$13
or Current Membership information: _____ / ____ / ____
Center Expires

ADDITIONAL FEES:

- | | |
|---|--|
| <input type="checkbox"/> Cycling Workshop | FREE\$_____ |
| <input type="checkbox"/> Swimming Workshop I | \$3\$_____ |
| <input type="checkbox"/> Swimming Workshop II | \$3\$_____ |
| <input type="checkbox"/> Swimming Workshop III | \$3\$_____ |
| <input type="checkbox"/> Track Workshop | FREE\$_____ |
| <input type="checkbox"/> Bench Press Workshop | FREE\$_____ |
| <input type="checkbox"/> Bench Press Competition | \$10\$_____ |
| <input type="checkbox"/> Indoor Pickleball Doubles Tournament | \$10 per event \$_____ |
| <input type="checkbox"/> Singles | |
| <input type="checkbox"/> Doubles | Partner: _____
Must register separately |
| <input type="checkbox"/> Mixed Doubles | Partner: _____
Must register separately |

TOTAL AMOUNT ENCLOSED\$_____

☐ By checking the box, I agree to the following:

The undersigned does hereby consent to the photographing of the undersigned, and does hereby authorize the City of Albuquerque, Department of Senior Affairs to cause the same to be exhibited with advertising sponsorship as still photographs, transparencies, vehicle wraps, motion picture film and video tape for use on television, or in other printed and graphic materials.

The undersigned does hereby release the City of Albuquerque, Department of Senior Affairs and their associates and assignees from any and all claims for damages libel, slander, invasion of the right of privacy or any claims based on the use of said material.

50+ Fantastic Freeze Fest Registration

PLEASE PRINT

Make checks payable to the City of Albuquerque. See your event for registration deadline and details. Mail form to: Palo Duro 50+ Sports & Fitness Center, 3351 Monroe NE, Albuquerque, NM 87110

Name:

Last

First

Middle

Address:

Street

City

Home Phone:

Work Phone:

Cell Phone:

E-mail:

Emergency:

Name

Relationship

Phone

Age:

As of Dec. 31, 2014

Date of Birth

/

/

☐ Male ☐ Female

LIABILITY WAIVER: I, the undersigned participant, hereby agrees to indemnify and hold harmless, the City of Albuquerque, Sandia Peak Ski Company, Santa Fe Ski Company, High Finance Restaurant, Outpost Ice Arena (hence and hereafter sometimes referred to as sponsors), their agents, employees, representatives and assigns, from any and all actions, cause of actions, or claims of whatsoever kind or nature which I or my representatives or assigns may have, or at any time in the future have as a result of injury arising out of my participation in the Albuquerque Fantastic Freeze Fest. I warrant and represent to the sponsors that I have prepared myself for the events, which I have entered by practicing the same prior to my participation in the Albuquerque Fantastic Freeze Fest. I warrant and represent to the sponsors that I am in good physical health and condition and I am physically able to compete in the events I have selected. I know of no physical restrictions, which would prohibit my participation in the Albuquerque Fantastic Freeze Fest. I have been advised by the sponsors that it would be in my best interest to consult my physician prior to my preparation in regard to my participation in the Albuquerque Fantastic Freeze Fest. I recognize and understand that the preparation and the competition may necessitate strenuous physical activity and could possibly activate any unrecognizable pre-existing medical disorder, which I may have, thereby resulting in serious or life-threatening physical harm to me. The City of Albuquerque has my permission to have a physician treat me, if needed, during my participation in the events of the Albuquerque Fantastic Freeze Fest.

Information:
Call or drop by the
50+ Sports & Fitness Center
3351 Monroe NE, Albuq., NM 87110
505-880-2800
E-mail: bsteinmetz@cabq.gov

Registration Fees
Must have a current City of
Albuquerque Senior Center
Membership \$13/year \$ _____

If you already have a membership

Membership Number

Prices are per person. Check the events
in which you wish to participate; then
add up the right column.

**ALPINE SKIING, SNOWBOARDING,
AND POKER RUN**

☐ Thurs. Feb. 20
Transportation \$ 9 \$ _____
FFF Competition \$18 \$ _____

TRIP TOTAL \$ _____

☐ **By checking the box, I agree to the following:**

The undersigned does hereby consent to the photographing of the undersigned, and does hereby authorize the City of Albuquerque, Department of Senior Affairs to cause the same to be exhibited with advertising sponsorship as still photographs, transparencies, vehicle wraps, motion picture film and video tape for use on television, or in other printed and graphic materials.
The undersigned does hereby release the City of Albuquerque, Department of Senior Affairs and their associates and assignees from any and all claims for damages libel, slander, invasion of the right of privacy or any claims based on the use of said material.



Signature _____ Date _____
By completing this registration, I agree to abide by all the rules and regulations of and by the City of Albuquerque Fantastic Freeze Fest, to observe all rules of play, to exercise good sportsmanship and follow all written and or oral instructions given to me by authorized personnel of the City of Albuquerque, Santa Fe Ski Company, Outpost Ice Arena.

Albuquerque 50+ Games TEAM ROSTER



☐ Bowling ☐ Dance ☐ Talent Show ☐ 400M Track Relay

Team Age: ☐ 50+ ☐ 60+ ☐ 65+ ☐ 70+ ☐ 75+ ☐ (bowling 80+)

Team Name: _____

Team Captain _____
Name _____
Address _____ Phone _____

Team Captains are responsible for filling out this form. Incomplete forms will disqualify the team. Each team member must also complete and sign an individual Albuquerque 50+ Games registration form on page 19. If you have more than 7 team members, attach a copy of this form. Additional forms are available online at www.cabq.gov or at your local senior center.

Number of Team Members

Team Member 1: _____
Name _____ Phone _____

T-Shirt Size _____ Age _____ Date of Birth _____

Team Member 2: _____
Name _____ Phone _____

T-Shirt Size _____ Age _____ Date of Birth _____

Team Member 3: _____
Name _____ Phone _____

T-Shirt Size _____ Age _____ Date of Birth _____

Team Member 4: _____
Name _____ Phone _____

T-Shirt Size _____ Age _____ Date of Birth _____

Team Member 5: _____
Name _____ Phone _____

T-Shirt Size _____ Age _____ Date of Birth _____

Team Member 6: _____
Name _____ Phone _____

T-Shirt Size _____ Age _____ Date of Birth _____

Team Member 7: _____
Name _____ Phone _____

T-Shirt Size _____ Age _____ Date of Birth _____

Albuquerque 50+ Games Entry Form

PLEASE PRINT

Make checks payable to the City of Albuquerque. Take completed registration form to any City of Albuquerque Fitness Center. See page 3 for locations. Or mail form to: Palo Duro 50+ Sports & Fitness Center, 3351 Monroe NE, Albuquerque, NM 87110
Deadline for entry is one week prior to event by 7 pm.

Name:

Last

First

Middle

Address:

Street

City

State

Zip

Home Phone: Work Phone:

Cell Phone: E-mail:

☐ I am interested in volunteering with the 50+ Sports and Fitness Program

Emergency Contact:

Name

Relationship

Phone

LIABILITY WAIVER: I, the undersigned participant, hereby agrees to indemnify and hold harmless, the City of Albuquerque, their agents, employees, representatives and assigns, from any and all actions, cause of actions, or claims of whatsoever kind or nature which I or my representatives or assigns may have, or at any time in the future have as a result of injury arising out of my participation in the Albuquerque 50+ Games. I warrant and represent to the sponsors that I have prepared myself for the event, which I have entered by practicing the same prior to my participation in the Albuquerque 50+ Games. I warrant and represent to the sponsors that I am in good physical health and condition and I am physically able to compete in the events I have selected. I know of no physical restrictions, which would prohibit my participation in the events that I have selected. I have been advised by the sponsors that it would be in my best interest to consult my physician prior to my preparation in regard to my participation in the Albuquerque 50+ Games. I recognize and understand that the preparation and the competition may necessitate strenuous physical activity and could possibly activate any unrecognizable pre-existing medical disorder, which I may have, thereby resulting in serious or life-threatening physical harm to me. The City of Albuquerque has my permission to have a physician treat me, if needed, during my participation in the events of the Albuquerque 50+ Games.

☐ **By checking the box, I agree to the following:**

The undersigned does hereby consent to the photographing of the undersigned, and does hereby authorize the City of Albuquerque, Department of Senior Affairs to cause the same to be exhibited with advertising sponsorship as still photographs, transparencies, vehicle wraps, motion picture film and video tape for use on television, or in other printed and graphic materials.

The undersigned does hereby release the City of Albuquerque, Department of Senior Affairs and their associates and assignees from any and all claims for damages libel, slander, invasion of the right of privacy or any claims based on the use of said material.

Signature

Date

By completing this registration, I agree to abide by all the rules and regulations of and by the City of Albuquerque, Albuquerque 50+ Games, to observe all rules of play, to exercise good sportsmanship and follow all written and or oral instructions given to me by authorized personnel of the City of Albuquerque, Albuquerque 50+ Games.

Age:
as of December 31, 2014

☐ Male ☐ Female
Date of Birth: //

Are you a member of a center?
☐ Yes ☐ No

REGISTRATION FEES:

Single Event Registration Fee\$10
Includes t-shirt and awards

Multiple Events\$17

DSA Membership (required)\$13

ADDITIONAL FEES:

Bowling Fee: No. of events x \$6.00 \$____
(\$6.00 per event)

Singles, Doubles, Team or Mixed Doubles

Golf Fee

Men's & Women's Golf Fees
All ages 50+: Mandatory cart is included
Without Season Pass \$35.80 \$____
With Season Pass \$17.80 \$____

Track Late Fees \$10.00 \$____

T-Shirt Size

TOTAL AMOUNT ENCLOSED\$____

For more information:
Palo Duro 50+ Sports & Fitness Center
3351 Monroe NE, Albuquerque, NM 87110
505-880-2800, e-mail: bsteinmetz@cabq.gov

AIRGUN

- ☐ Pistol - Benchrest
☐ Pistol - Standing
☐ Rifle - Benchrest
☐ Rifle - Standing
☐ Do you own your own gun? ☐ Y ☐ N

ARCHERY

- ☐ Recurve with sights
☐ Barebow recurve no sights
☐ Compound fingers w/sights
☐ Barebow compound no sights
☐ Compound Release

Badminton

- ☐ Singles ☐ Doubles
Partner:

Must register separately

☐ Mixed Doubles
Partner:

Must register separately

BASKETBALL FREE THROW

Best of 15 throws

BASKETBALL 3-POINT SHOT

Best of 5 throws

BASKETBALL 3x3

BOWLING (Bowling Fees)

- ☐ Singles ☐ Doubles
Partner:

Must register separately

☐ Mixed Doubles
Partner:

Must register separately

☐ Team Bowling

Bowling Team Name (4 members, same sex). Each individual must complete a registration form and team captains must furnish a team roster.

CYCLING

- ☐ 1 Mile ☐ 5K ☐ 10K
20K (Will be a road race at State and Nationals)
40K (Will be a road race at State and Nationals)

DANCE COMPETITION

- ☐ Partner
☐ Country Western
☐ Jitterbug
☐ Line Dancing (6-15 people)
☐ Polka
☐ Latin Dance
☐ Waltz
☐ Country Waltz

FIELD EVENTS

- ☐ Discus
☐ High Jump
☐ Javelin
☐ Pole Vault
☐ Running Long Jump
☐ Shot Put
☐ Standing Long Jump

FUN EVENTS

- ☐ Frisbee Accuracy Throw
☐ Frisbee Distance Throw
☐ Soccer Kick
☐ Softball Throw

GOLF

- ☐ 18 Hole Scratch
Scratch is played at NM State Senior Olympics and the National Senior Olympics. A NPS is required for Nationals.

USGA Handicap

Cart Partner

HORSESHOES

- ☐ Singles

HUACHAS

- ☐ Singles

PICKLEBALL

- ☐ Singles ☐ Doubles
Partner:

Must register separately

☐ Mixed Doubles
Partner:

Must register separately

POOL

- ☐ Eightball

RACEWALKING

- ☐ 400M ☐ 1500M ☐ 5K

RACQUETBALL

- ☐ Singles ☐ Doubles
Partner:

Must register separately

☐ Mixed Doubles
Partner:

Must register separately

ROAD RACE

- ☐ 5K - Run ☐ 10K - Run

SHUFFLEBOARD

- ☐ Singles ☐ Doubles
Partner:

Must register separately

SOFTBALL (A State Olympic event only)

SWIMMING

- ☐ 200 Medley Relay
☐ 50 Free ☐ 100 Free
☐ 200 Free ☐ 400/500 Free
☐ 50 Backstroke ☐ 100 Backstroke
☐ 200 Backstroke
☐ 50 Breaststroke ☐ 100 Breaststroke
☐ 100 IM ☐ 200 IM
☐ 50 Butterfly ☐ 100 Butterfly
☐ Group Aquatics Swim
Group Name:

Must register separately

TABLE TENNIS

- ☐ Singles ☐ Doubles
Partner:

Must register separately

☐ Mixed Doubles
Partner:

Must register separately

TALENT SHOW

- ☐ Band
☐ Comedy
☐ Dance Solo
☐ Dance Group
☐ Instrumental
☐ Reading
☐ Vocal Solo
☐ Vocal Group
☐ Kitchen Band
Group Name:

Must register separately

TENNIS

- ☐ Singles ☐ Doubles
Partner:

Must register separately

☐ Mixed Doubles
Partner:

Must register separately

TRACK

- ☐ 50 Meter Run (local only)
☐ 100 Meter Run ☐ 200 Meter Run
☐ 400 Meter Run ☐ 800 Meter Run
☐ 1500 Meter Run
☐ 400 Meter Coed Relay
☐ 800 Meter Estimated Time
☐ 400 Meter Estimated Time

TRIATHLON (coed) State and Nationals only

VOLLEYBALL (State Olympic event only)

Team captains must fill out team roster on page 18.

2014 Winter Outdoor Recreation
Registration Form

We reserve the right to change trip locations due to snow conditions.
Registration is first come, first served. You may register at the
Palo Duro 50+ Sports & Fitness Center, or by mailing
your registration to: 3351 Monroe N.E., Albuquerque NM 87110

Name: _____

LastFirstMiddle

Address: _____

StreetCityStateZip

Phone: _____ E-mail: _____

Emergency Contact: _____

NameRelationshipPhone

Date of birth _____

Would you like to be a volunteer? ☐ YES
Are you a City of Albuquerque center member? ☐ YES ☐ NO
When does your membership expire? _____
Date _____

<div><div>TUESDAY TRIPS</div><div>Cross-Country</div><div><div><div><input type="checkbox"/> Trip 1</div><div>Jan. 7</div><div>Open</div><div>\$9</div></div><div><div><input type="checkbox"/> Trip 2</div><div>Jan. 14</div><div>Open</div><div>\$9</div></div><div><div><input type="checkbox"/> Trip 3</div><div>Jan. 21</div><div>Open</div><div>\$9</div></div><div><div><input type="checkbox"/> Trip 4</div><div>Jan. 28</div><div>Open</div><div>\$9</div></div><div><div><input type="checkbox"/> Trip 5</div><div>Feb. 4</div><div>Open</div><div>\$9</div></div><div><div><input type="checkbox"/> Trip 6</div><div>Feb. 11</div><div>Open</div><div>\$9</div></div><div><div><input type="checkbox"/> Trip 7</div><div>Feb. 18</div><div>Open</div><div>\$9</div></div><div><div><input type="checkbox"/> Trip 8</div><div>Feb. 25</div><div>Open</div><div>\$9</div></div><div><div><input type="checkbox"/> Trip 9</div><div>Mar. 4</div><div>Open</div><div>\$9</div></div><div><div><input type="checkbox"/> Trip 10</div><div>Mar. 11</div><div>Open</div><div>\$9</div></div><div><div><input type="checkbox"/> Trip 11</div><div>Mar. 18</div><div>Open</div><div>\$9</div></div></div><div><div>CROSS-COUNTRY TOTAL</div><div>\$ _____</div></div></div>	<div><div>WEDNESDAY TRIPS</div><div>Snowshoeing</div><div><div><div><input type="checkbox"/> Trip 1</div><div>Jan. 8</div><div>Open</div><div>\$9</div></div><div><div><input type="checkbox"/> Trip 2</div><div>Jan. 15</div><div>Open</div><div>\$9</div></div><div><div><input type="checkbox"/> Trip 3</div><div>Jan. 22</div><div>Open</div><div>\$9</div></div><div><div><input type="checkbox"/> Trip 4</div><div>Jan. 29</div><div>Open</div><div>\$9</div></div><div><div><input type="checkbox"/> Trip 5</div><div>Feb. 5</div><div>Open</div><div>\$9</div></div><div><div><input type="checkbox"/> Trip 6</div><div>Feb. 12</div><div>Open</div><div>\$9</div></div><div><div><input type="checkbox"/> Trip 7</div><div>Feb. 19</div><div>Open</div><div>\$9</div></div><div><div><input type="checkbox"/> Trip 8</div><div>Feb. 26</div><div>Open</div><div>\$9</div></div><div><div><input type="checkbox"/> Trip 9</div><div>Mar. 5</div><div>Open</div><div>\$9</div></div><div><div><input type="checkbox"/> Trip 10</div><div>Mar. 12</div><div>Open</div><div>\$9</div></div><div><div><input type="checkbox"/> Trip 11</div><div>Mar. 19</div><div>Open</div><div>\$9</div></div></div><div><div>SNOWSHOEING TOTAL</div><div>\$ _____</div></div><div>Have own snowshoes</div></div>	<div><div>THURSDAY TRIPS</div><div>Downhill Skiing</div><div><div><div><input type="checkbox"/> Trip 1</div><div>Jan. 9</div><div>Santa Fe</div><div>\$9</div></div><div><div><input type="checkbox"/> Trip 2</div><div>Jan. 16</div><div>Santa Fe</div><div>\$9</div></div><div><div><input type="checkbox"/> Trip 3</div><div>Jan. 23</div><div>Santa Fe</div><div>\$9</div></div><div><div><input type="checkbox"/> Trip 4</div><div>Jan. 30</div><div>Santa Fe</div><div>\$9</div></div><div><div><input type="checkbox"/> Trip 5</div><div>Feb. 6</div><div>Santa Fe</div><div>\$9</div></div><div><div><input type="checkbox"/> Trip 6</div><div>Feb. 13</div><div>Open</div><div>\$9</div></div><div><div><input type="checkbox"/> Trip 7</div><div>Feb. 20</div><div>Santa Fe</div><div>\$9</div></div><div><div><input type="checkbox"/> Trip 8</div><div>Feb. 27</div><div>Santa Fe</div><div>\$9</div></div><div><div><input type="checkbox"/> Trip 9</div><div>Mar. 6</div><div>Santa Fe</div><div>\$9</div></div><div><div><input type="checkbox"/> Trip 10</div><div>Mar. 13</div><div>Santa Fe</div><div>\$9</div></div><div><div><input type="checkbox"/> Trip 11</div><div>Mar. 20</div><div>Santa Fe</div><div>\$9</div></div></div><div><div>DOWNHILL TOTAL</div><div>\$ _____</div></div></div>	<div><div>FRIDAY TRIPS</div><div>Snowshoe 101</div><div><div><div><input type="checkbox"/> Trip 1</div><div>Jan. 10</div><div>Closest Snow</div><div>\$9</div></div><div><div><input type="checkbox"/> Trip 2</div><div>Jan. 17</div><div>Closest Snow</div><div>\$9</div></div><div><div><input type="checkbox"/> Trip 3</div><div>Jan. 24</div><div>Closest Snow</div><div>\$9</div></div><div><div><input type="checkbox"/> Trip 4</div><div>Jan. 31</div><div>Closest Snow</div><div>\$9</div></div><div><div><input type="checkbox"/> Trip 5</div><div>Feb. 7</div><div>Closest Snow</div><div>\$9</div></div><div><div><input type="checkbox"/> Trip 6</div><div>Feb. 14</div><div>Closest Snow</div><div>\$9</div></div><div><div><input type="checkbox"/> Trip 7</div><div>Feb. 21</div><div>Closest Snow</div><div>\$9</div></div><div><div><input type="checkbox"/> Trip 8</div><div>Feb. 28</div><div>Closest Snow</div><div>\$9</div></div><div><div><input type="checkbox"/> Trip 9</div><div>Mar. 7</div><div>Closest Snow</div><div>\$9</div></div><div><div><input type="checkbox"/> Trip 10</div><div>Mar. 14</div><div>Closest Snow</div><div>\$9</div></div><div><div><input type="checkbox"/> Trip 11</div><div>Mar. 21</div><div>Closest Snow</div><div>\$9</div></div></div><div><div>SNOWSHOE 101 TOTAL</div><div>\$ _____</div></div></div>
---	--	---	---

LIABILITY WAIVER

I, the undersigned participant, hereby agrees to indemnify and hold harmless, the City of Albuquerque, the Sandia Peak Ski Company, Santa Fe Ski Company, (hence and hereafter sometimes referred to as sponsors), their agents, employees, representatives and assigns, from any and all actions, or claims of whatsoever kind or nature which I or my representatives or assigns may have or at any time in the future have as a result of injury arising out of my participation in the 50+ Winter Sports Program. I warrant and represent to the sponsors that I have prepared myself for the events which I have entered by practicing the same prior to my participation. I warrant and represent that I am in good physical health and condition and I am physically able to participate in the events I have selected. I know of no physical restrictions which would prohibit my participation in the events I have selected. I have been advised by the sponsors that it would be in my best interest to consult my physician prior to my preparation in regard to my participation in the 50+ Winter Sports Program. I recognize and understand that the preparation and the competition may necessitate strenuous physical activity, and could possibly activate any unrecognized preexisting medical disorder which I may have, thereby resulting in serious or life-threatening harm to me. The City of Albuquerque has my permission to have a physician treat me, if needed, during my participation in the events of the 50+ Winter Sports Program.

☐ By checking the box I agree to the following: The undersigned does hereby consent to the photographing of the undersigned, and does hereby authorize the City of Albuquerque, Department of Senior Affairs to cause the same to be exhibited with advertising sponsorship as still photographs, transparencies, vehicle wraps, motion picture film and video tape for use on television, or in other printed and graphic materials. The undersigned does hereby release the City of Albuquerque, Department of Senior Affairs and their associates and assignees from any and all claims for damages for libel, slander, invasion of the right of privacy or any claims based on the use of said material.

Signature _____

Date _____

By completing this registration, I agree to abide by all the rules and regulations of and by the City of Albuquerque, Senior Winter Sports Program, to observe all rules, to exercise good sportsmanship and follow all written and or oral instructions given to me by authorized personnel of the City of Albuquerque, 50+ Winter Sports Program.

Valles Caldera Nature Preserve
Moonlight Trip

Pay at preserve

\$10

Transportation

\$9

TRIP TOTAL

\$ _____

Day at Preserve

Pay at preserve

\$10

Transportation

\$9

TRIP TOTAL

\$ _____

Back Country Winter Sports Clinic

Friday, January 3

\$15

TRIP TOTAL

\$ _____

Trip fees from above

\$ _____

Center Membership (\$13)

\$ _____

TOTAL FEES

\$ _____

IMPORTANT

Payment Schedule & Trip Policies

1. Registrations for Winter Sports are on a first come, first serve, prepaid, sign-up basis.

2. Make checks payable to: City of Albuquerque

3. Participants must leave and stay with the group on all trips. No exceptions!

4. Cancellations for day trips will require a 24 hr. notice for a refund

5. All Winter Sports refund and trip transfer requests must be made by Friday, April 25, 2014 to the Palo Duro 50+ Sports and Fitness office. No requests for refunds or transfers will be taken after this date.

6. Activities will be cancelled due to weather conditions, or when minimum attendance is not met. A min. of 6 participants is required to use a single van; a min. of 12 people is required to use 2 vans.

7. If a Winter Sports event is cancelled, you may apply the credit to another Winter Sports trip or request a refund.

Sports & Fitness

A TO Z

Call
880-2800
Palo Duro 50+
Sports & Fitness
Center or one of the
event coordinators
in the listings below,
if you need more
information on an
activity/event.

The following pages contain a directory of classes, clinics, workshops, clubs, special events and practices available in the Albuquerque area through the Department of Senior Affairs, 50+ Sports & Fitness Program.

AIR GUN • AQUATICS

SPORTS & FITNESS A-Z

AIR GUN

Air Gun Competition

Saturday, 8:00 am March 8, 2014
Eldorado High School
11300 Montgomery Blvd. NE.

For more information how you can learn to shoot an air gun, contact the 50+ Sports & Fitness Office 880-2800. This event will be a New Mexico Senior Olympics qualifying event.
Coordinator: Dick Perry, 856-7008

Air Gun Workshop

Get ready for the Games. This workshop focuses on basic marksmanship principles and techniques with emphasis on position and firing procedures.
Saturday, February 22, 2014
8:00 am–12:00 pm
Eldorado High School



Air Gun Practices

For beginners interested in learning the sport of Air Guns or those that would like to hone their skills for competition.
Begins in January (by reservation) Eldorado High School, Rifle Range
Contact: Major Jim Korber, Senior Instructor, Eldorado High School JR ROTC at 296-4871 or Dick Perry at 856-7008.

AQUATICS

Adapted Aquatics

Taught at the University of New Mexico Therapeutic Pool (92° water), participants are led through a series of range of motion exercises that will increase joint mobility and develop muscular strength.



Pre-Registration is required. **The multi-generational centers will not be transporting clients.** Self-Drivers are also welcome, but must pre-register.

Class sessions are as follows:

Session 1: Day: Monday, Wednesday & Friday

Time: 9:00 am to 10:00 am
Cost: \$12.00 each month - **Donation**
Number of classes: 3 classes per week
Transportation: provided from all 6 Albuquerque senior centers for \$.50.

Session 2: Day: Monday & Friday

Time: 1:15 pm to 2:15 pm
Cost: \$8.00 each month - **Donation**
Number of classes: 2 classes per week
Transportation: provided from all 6 Albuquerque senior centers for \$.50 and Los Vecinos Community Center

Session 3: Day: Tuesday & Thursday

Time: 9:00 am to 10:00 am
Cost: \$8.00 each month - **Donation**
Number of classes: 2 classes per week
Transportation: will be provided from the Palo Duro 50+ Sports & Fitness Center for \$.50.

ARCHERY

Albuquerque 50+ Games

Archery Competition

Saturday, 9:00 am May 17, 2014

Sandia Crest Bowhunters Association

Archery Range, Tijeras, NM

The competition is sponsored by the Sandia Crest Bowhunters Association. This event will be a New Mexico Senior Olympics qualifying event.

Coordinator:

Charlie Barns, 344-8644

**BADMINTON**Albuquerque
50+ Games**Badminton Competition**Friday–Saturday, March 28–29, 2014,
9:00 am

Manzano Mesa, Gym, 501 Elizabeth SE

This event will be a New Mexico Senior Olympics qualifying event.

Coordinators: Terry and Nan Lauritsen,
266-8237**Badminton Practice and Play**

This fun sport provides an opportunity to participate in a program which is beneficial to both your physical and mental well-being. It also provides cardiovascular benefits, as well as weight-bearing exercise needed for musculoskeletal health. This is competitive badminton—a demanding sport.

Manzano Mesa, Gym

Monday, Friday, 1:30–4:00 pm

Tuesday, 6:00–9:00 pm

Thursday, 7:00–9:00 pm

Wells Park Community Center, Gym

Tuesday & Thursday, 1:30–3:30 pm

Coordinators: Terry and
Nan Lauritsen, 266-8237**BASKETBALL**

New Mexico Senior Olympics

Basketball Competition

State competition only

The New Mexico Senior Olympics will qualify athletes for the National Senior Olympics. Dates, times and locations will be announced at a later date.



For information contact the New Mexico Senior Olympics, 1-575-623-5777, www.nmseniorolympics.org, or the Palo Duro 50+ Sports & Fitness Center, 880-2800.

Open Basketball

Open/Drop-In Basketball is offered every day of the week (Mon.–Sat.) at the times listed below. Teams are formed as participants show up and sign in.

Manzano Mesa, Gym (E/W courts)

Monday, 11am–1pm, East

Monday, 11:45 am–1:30 pm, West

Monday, 7pm–9 pm, Both courts

Tuesday, 11am – 1pm

Wednesday, 11am–12:30 pm, East

Wednesday, 11:45 am–12:30 pm, West

Thursday, 11am–1pm

Friday, 11am–1pm, 7–9pm

Senior Men's Basketball

This group gathers to play some friendly, but competitive basketball, where teams are picked prior to the games. This is a good workout, with a lot of action and exercise.

Manzano Mesa, Gym (East Court)

Tuesday, 11:00 am–1:00 pm

Thursday, 11:00 am–1:00 pm

**Albuquerque 50+ Women's
Canyonets Basketball Program**

Scott Heron 299-7768

Saturday 10–12:30, Sandia Prep

A League of Their Own

Glynes Foster 828-1655

Lucy Padilla 897-2203

E-mail: Ginger Rich,
bballjunqie@yahoo.com**Albuquerque 50+ Men's Basketball
Program**

Albuquerque 50+ Men's basketball program welcomes men over the age of 50.

Saturday, 7:00–10:00 am

Sandia Prep High School

Allen Wainwright, 350-1574

**Free Throw
Competition**

Saturday, April 5, 2014 - 12:00 pm

Manzano Mesa, 501 Elizabeth SE



Contestants shoot 15 free throws in succession. The contestant who makes the most baskets is declared the winner. The free throw line for the women is 14 ft. and for men 15 ft.

Albuquerque 50+ Games

**Basketball 3 Point Shot
Competition**

Held with the Free Throw Competition

Saturday, April 5, 2014 - 12:00 pm

Manzano Mesa, 501 Elizabeth SE



Each contestant will shoot one shot from each of the five different premarked positions on the 3-point line beginning with the designated corner. The additional shot may be taken from any one of the 5 marked positions at the shooter's discretion. The contestant who makes the most baskets will be declared the winner.

This event will be a New Mexico Senior Olympics qualifying event.
Coordinator: Brett Steinmetz 880-2800



BOWLING

Albuquerque 50+ Games

Bowling Competition

Tuesday, Wednesday & Friday, March, 11, 12, 14, 8:30 am • 12:30 pm
Leisure Bowl, 7400 Lomas NE

If you would like to bowl on a team or with a partner and you do not have one, please mark your request on your registration sheet.

This event is a New Mexico Senior Olympics qualifying event.
 Coordinator: Charlotte Lober 299-2042 or (604) 604-1164

**CROSS COUNTRY SKIING**

See Winter Sports on page 6-7.



For Albuquerque 50+ Game Events, look for this logo



For New Mexico Senior Olympics Qualifying Events, look for this logo

**CYCLING**

Albuquerque 50+ Games

Cycling Competition

Saturday–Sunday, May 10-11, 2014

Check-in at 7:30 am

Location: I-40 west Frontage Road

This event will be a New Mexico Senior Olympics qualifying event.

Coordinator: Brett Steinmetz 880-2800

**Cycling Workshop**

Learn about Cycling. Topics covered are: training, preparing your bike, eating and drinking, warming up, time trial and road races.

Thursday, Feb 27, 2014 1:00–2:00 pm

McKinley Community Center

To sign-up call 880-2800, for more info.

contact Peter Stirbis at 299-8442.

DANCE**Dance Competition****Part of the Talent Show and Dance Competition**

Includes country western, jitterbug, line dancing, polka, latin (cha cha and Paso Doble), waltz, and country waltz. To reserve your FREE tickets call the 50+ Sports & Fitness Office 880-2800.

Tuesday, April 8, 2014 1:00 pm

African American Performing Arts Center

Mandatory Meeting for Competitors

Learn the rule changes for the Talent Show and Dance Competition. All competitors must be represented at this meeting.

Tuesday, February 25, 2014,

1:00 pm

Los Volcanes Senior Center

**Mandatory Dress Rehearsal for Competitors**

All competitors must be at the dress rehearsal in costume. A mandatory 10 points will be deducted from anyone not cooperating. This event will be a New Mexico Senior Olympics qualifying event.

Monday, April 7, 2014 8:00 am

African American Performing Arts Center

Coordinator:

Brett Steinmetz 880-2800

**Noche De Oro:**

Class teaching Seniors in preparation for "Noche De Oro" 2014

Frances Lujan Teaching Classes every Wednesday beginning

September 4 – May 28, 2014

Barelas 10:00am-11:00am

North Valley 1:00pm-2:00pm

North Domingo Baca 6:00pm-7:00pm

DANCE CONTINUED**Dance Classes****Ballroom/Latin/Swing**

Dance Beginning

Learn the steps to Ballroom Waltz, Cumbia-Salsa, Tango, Cha Cha, Fox Trot, Swing and Rumba.

Manzano Mesa, Social Hall

Saturday

Beginning: 10:00-11:00am

Intermediate: 11:30am-12:30pm

Wednesday

Intermediate 9:30 – 10:30am

\$20/4 weeks includes patterns and disk.

Barbara Weiss

Dance Class with Travis / West Coast Swing

No partner needed! Come learn various styles of dance including Country two-step and West Coast Swing for both beginning and intermediate levels.

North Domingo Baca,

Upstairs Aerobic Room

Monday, 6:00 - 7:00 pm

(Country two-step)

Tuesday, 7:15 – 8:15 pm

(West Coast Swing)

\$10 per person

Travis & Annette

Wise Women Belly Dance

Get in touch with your inner beauty while getting a good work out. This gentle approach to this ancient art form can be enjoyed by women of all ages and abilities. Belly dance displays the strength and beauty of women of all sizes, ages, and shapes.

Manzano Mesa, Social Hall

Thursday, 5:45–7:00 pm

Amaya

Clogging

"Clog" comes from a Gaelic word meaning time. Clogging originated in Appalachia and is done to all kinds of music from Western to WWII songs.

Manzano Mesa, Social Hall

Friday, 9:30–11:00 am

Shirley Smith

Japanese Folk Dancing

An introduction to the culture and spirit of the "Land of the Rising Sun."

Bear Canyon

1st, 2nd & 4th Saturday,

10:00 am–12:00 noon

Natsuko Edelman

Dance and Movement for Parkinson's

Join in the musicality, rhythm, expression, inventiveness and sheer physical pleasure of dance. Movements customized for all abilities, free to members with Parkinson's.

North Valley, South Social Hall

1st & 3rd Thursday, 2:00–3:00 pm

Joanie Carlisle

Latin Rhythms

Learn the fundamental skills of social Latin dancing in dances such as: Salsa, Cha cha, Rumba, Samba, Bolero and Merengue.

North Domingo Baca Sports & Fitness
Thursday, 10:15-11:15am

Free

Rick Post

NM, Mexican Folklorico & Latin Dance Class

Learn traditional dances.

Barelas, Lead

Wednesday, September 4 – April 23

Frances Lujan

Call 764-6436 for more information

Salsa Aerobics

Fun and energetic cardio-Latin class, learning basic Latin dance steps is fun so be prepared to enjoy the learning process and have a great time.

North Domingo Baca, Social Hall

Tuesday, Friday, 10:10–11:10 am

Jalum Armazanduk

SALSA!**Salsa-Robics**

For women and men. Relieve stress, improve flexibility and build stamina. The tempo and invigorating moves of the Cha Cha, Salsa/Mambo, and Samba combined with the intensity in which you approach the dance, makes this suitable for almost everyone. Wear comfortable clothes and shoes.

Los Volcanes, Social Hall

Thursday, 6:00–7:00 pm**Saturday, 9:00–10:00 am**

\$2, Elena Valencia

Line Dance

Great for people who love to dance but don't have a partner— Everyone learns the dance and dances in a line.

Beginner

Bear Canyon, Social Hall

Thursday, 3:15–4:30 pm

Clarada Hull

Los Volcanes, Social Hall

Tuesday, 9:15–10:15 am self-taught**Thursday, 9:00-10:00 am**

Jeanette Hendrix

Manzano Mesa, Social Hall

Wednesday, 1:30–3:00 pm

Georgette Smith

North Domingo Baca, Social Hall

Thursday, 1:30–2:45 pm

Mary Garcia

North Valley, Social Hall

Monday, 1:00–2:00 pm

Clarada Hull

Palo Duro, Mesquite

Monday, 3:15–4:30 pm**Sat. (2nd, 3rd, 4th),**

9:00am–10:30am

K. Tidy

Intermediate

Bear Canyon, Social Hall

Tuesday, 3:00–4:30 pm

Clarada Hull

Highland, Social Hall

Tuesday, 1:30–3:30 pm

Wylene Santistevan

Los Volcanes, Social Hall

Tuesday, 10:20-11:30 am

self-taught

Thursday, 10:00-11:00am

Jeanette Hendrix

Manzano Mesa, Social Hall

Wednesday, 3:00–4:30 pm

Georgette Smith

North Domingo Baca, Social Hall

Tuesday, 5:45–7:30 pm

Georgette Smith

Intermediate II

Bear Canyon, Social Hall

Tuesday, 1:30–3:00 pm

Clarada Hull

Manzano Mesa, Social Hall

Friday, 1:30–3:00 pm

Wylene Santistevan

Advanced

Bear Canyon, Social Hall

Thursday, 1:30-3:15 pm

Clarada Hull

Manzano Mesa, Social Hall

Wednesday, 1:30–3:00 pm

Wylene Santistevan

Palo Duro, Mesquite

Monday, 1:30–3:00 pm**Sat. (2nd, 3rd, 4th),**

10:30am–12:00pm



EIGHT BALL POOL

Albuquerque 50+ Games

Eight Ball Pool Competition

Saturday, March, 29, 2014 10:30 am

Doc & Eddy's,

6040 Brentwood Ln NE

Doc & Eddy's is a neighborhood billiards club with a touch of class that you are sure to enjoy.

This event is a New Mexico Senior Olympics qualifying event.

Coordinator: Brett Steinmetz 880-2800



Eight Ball Pool at the Centers

A great way to visit and meet with friends. A variety of games are played at each center. Donation requested.

Barelas, Game Room

Monday–Friday, 8:00 am–5:00 pm

Bear Canyon

Call for times

Highland, Billiards Room

Monday–Friday, 8:00 am–5:00 pm

Saturday, 10:00 am–4:00 pm

Los Volcanes, Billiards Room

Monday–Friday, 8:00 am–5:00 pm

Thursday, 8:00 am–7:00 pm

Saturday, 9:00 am–1:00 pm

North Valley, Billiards Room

Monday–Friday, 8:00 am–5:00 pm

Tuesday, 8:00 am– 7:00 pm

Palo Duro, Game Room

Monday–Friday, 8:00 am–5:00 pm

Wednesday, 8:00 am–7:00 pm

Saturday, 9:00 am–1:00 pm

Eight Ball Pool Tournament

Put your billiards talents to use by joining us for an eight ball pool tournament. Space is limited. Pre-registration required

North Valley, Billiards Room

February

\$2.50 registration fee, register by TBA



EXERCISE

Aerobics

These fun, low impact aerobics classes combine energizing music with a routine designed to strengthen the cardiovascular system. For beginners to advanced exercisers, everyone works at their own pace. Burn calories and get a great workout.

Barelas, Social Hall

Tuesday, Friday, 9:15–10:15 am

Bear Canyon, Social Hall

Mon, Wed, Fri, 8:00–9:00 am

Highland, Social Hall

Mon, Wed, Fri, 8:45-9:45am

Los Volcanes, 50+ Sports & Fitness

Center, Aerobic Room

Mon, Wed, Fri, 8:00–9:00am

Manzano Mesa, Gym/Social Hall

Mon, Wed, Fri, 8:15–9:15 am

Palo Duro, Mesquite Room

Mon, Wed, Fri, 8:15–9:15 am

Body Fat vs. Muscle

The goal for optimal health is reducing body fat while increasing muscle. A home scale only measures weight. Visit one of our fitness facilities below for a free personal assessment.

Los Volcanes, 50+ Sports & Fitness Center

3rd Wednesday

8:00am-6:00pm

Manzano Mesa, Fitness Room

2nd Wednesday

8:00–10:00 am, 5:00–7:00 pm

North Domingo Baca Fitness Center

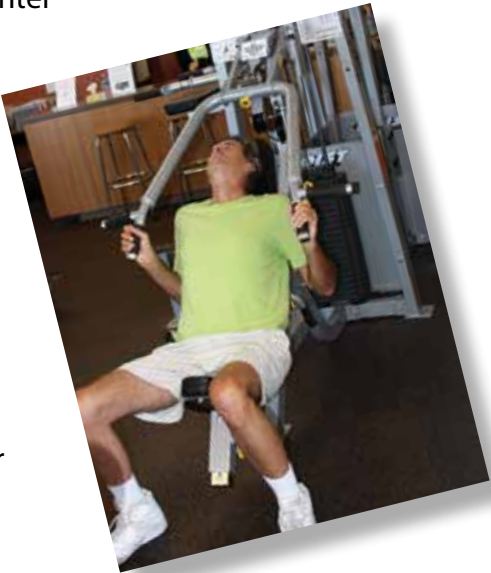
4th Wednesday

8:30am-1:30pm, 2-7pm

Palo Duro 50+ Sports & Fitness Center

1st Wednesday

8:00–10:00 am, 5:00–7:00 pm



EXERCISE CONTINUED**Chair Exercise**

This class incorporates a variety of muscle building and strengthening exercises for your arms and legs.

Paradise Hills Community Ctr.

Monday, Wednesday, Friday
10:00-10:30am, 10:30-11:00 am
Darlene Santiago

Tijeras Senior Center

Wednesday, 9:45 am-10:45 am

Contact Berlinda Padilla at
764-6467 for more information

EnhanceFitness

This is an evidence based senior fitness class in which a three part assessment will be conducted for each participant. Class components include cardio, weight training and flexibility.

Los Volcanes 50+ Sports & Fitness Center, Aerobic Room
Mon, Wed, Fri, 1:00-2:00pm
Dee Williams

North Valley, Rooms 1 & 2
Monday, Wednesday, Friday
9:00-10:00 am
Joseph Padilla

North Domingo Baca, Social Hall
Monday, 10:15-11:20am,
Tuesday 8:00-8:50am
Wednesday and Thursday
8:00-8:50am & 10:15-11:15 am
Connie

Fitball

Target and challenge core muscles with stabilizing and balance exercises. Increase strength, sculpt, define and tone your body.

Los Volcanes 50+ Sports & Fitness Center,
Aerobic Room
Mon. & Fri., 10:30-11:30 am

Manzano Mesa, Gym
Thursday, 8:15-9:15 am
Nancy Misred, Janet Porter

Manzano Mesa, East Social Hall
Friday, 4:45-5:45 pm
\$2.50, Ann Owens

Flex & Tone

This class will work to elongate and strengthen your muscles to achieve increased flexibility, improve posture and develop a strong core. The class will start with fun music for a warm-up and will progress to weights, resistance bands, and mats for the conditioning portion of the class. Finish off with a soothing and relaxing stretch.

Bear Canyon, Social Hall
Tuesday, Thursday, 8-9 am

Highland, Social Hall
Tuesday, Thursday, 8:15-9:15am

Los Volcanes 50+ Sports & Fitness Center,
Aerobics Room
Tuesday, Thursday, 8-9am

Flex & Tone , con't.

North Domingo Baca
Sports & Fitness Center,
Aerobics Room (Upstairs)
Tues., Thurs., 9:15-10:15 am

Manzano Mesa, Gym
Tuesday, 8:15-9:15 am

Palo Duro, Mesquite Room
Tuesday, Thursday, 8-9am

**Gentle Exercise**

This is a fun exercise class, performed primarily in a chair. The focus is on resistance training to build strength. Equipment such as small balls and bands are used to make the exercises interesting and challenging.

Barelas, Social Hall
Tuesday, Friday
10:15-10:45 am

Bear Canyon, Social Hall
Monday, Wednesday, Friday
9:15-10:15 am

Highland, Room 8
Monday, Wednesday, Friday
10-11am

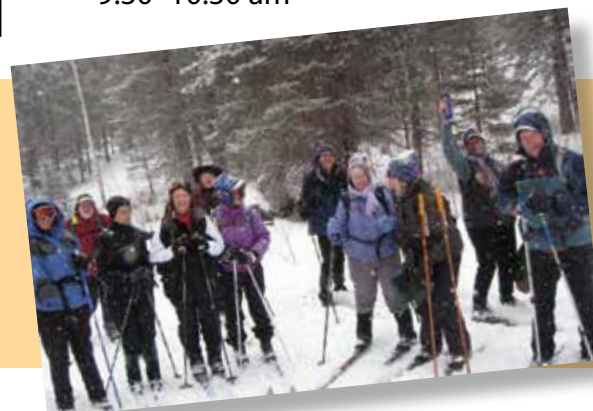
Los Volcanes 50+ Sports & Fitness Center,
Aerobic Room
Monday, Wednesday, Friday
9:15-10:15am, 11:45am-12:45pm

Manzano Mesa, Gym
Monday, Wednesday, Friday
9:30-10:30 am

Palo Duro, Mesquite Room
Monday, Wednesday, Friday
9:30-10:30 am

**Downhill Ski Trips**

See Winter Sports on pages 6 & 7
and register on page 20



EXERCISE CONTINUED**Get Moving Aerobics**

This group fitness cardio class incorporates high and low impact choices in an effective workout to burn more fat, use calories, and meet your fitness goals.

Manzano Mesa, Social Hall

Monday & Wednesday 5:00–6:00 pm

\$20 per month or \$2.50 per class

Ann Owens

Introduction to Aerobics

Do you feel like you have two left feet? Do you feel yourself watching exercise classes wishing you knew how to join in? This class is for you. Learn and gain confidence in the basics steps used in our popular aerobic classes.

Palo Duro 50+ Sports & Fitness Center
pre-registration required 880-2800

Pilates

This practical class will focus on conditioning the body from the inside out. Learn the importance of core stabilization, muscle balance and proper alignment while integrating the concept of mindfulness, fluidity and grace.

Barelas, Lead & Coal

Tuesday, 8:30–9:30am

Richard Sertich

**North Valley,
Social Hall South**

Tuesday, 5:45–6:45 pm

\$3, Karen Shore

**Palo Duro,
Mesquite**

Wednesday, 5:30–6:30 pm

\$3, Karen Shore

Palo Duro 50+ Sports & Fitness Center

Pilates Reformer Machine Training

Thursday, 10:00–11:00am

Call 880-2800 for sign-up

**Piyo**

A unique class designed to build strength & gain flexibility. It's about energy, power, and rhythm. Think sculpt abs, increased overall core strength and greater stability.

**North Domingo Baca Fitness Center,
Upstairs Aerobic Room**

Mon., Wed., Fri., 8:05–9:05 am

\$5/class

Karim Armazanduk

Total Body Boot Camp

Get energized with motivating music and dynamic resistance training exercises. This awesome workout is specially designed to help you burn fat and increase muscular endurance! Come and enjoy resistance training with a beat!

**North Domingo Baca Fitness Center,
Upstairs Aerobic Room**

Wednesday, 6:00–7:00 pm

\$5/class

Karen and Jana

**Cardio/ Core/ Tone**

A class incorporating core strength, weight training, and cardio conditioning. Exercise using intervals, body weight techniques, stability balls and weights.

**North Domingo Baca Fitness Center,
Upstairs Aerobic Room**

Tuesday, Thursday, 8:05–9:05 am

\$4/class

Marita Brookley

Senior Strength & Toning

Exercises are done in and out of a chair, this class is designed to help gain strength, endurance, flexibility, balance and bone density.

**North Domingo Baca Fitness Center,
Upstairs Aerobic Room**

Mon., Wed., Fri., 9:15–10:15 am

\$1.50 per class/ Karim Armazanduk

**Wii/X-Box Video Fitness,
Yoga and Sports**

The Wii and X-Box are truly unique and physically interactive experiences. Customize your fitness workouts with the Wii Fit, Wii Sports or X-Box Sports programs. Available upon request.

**Los Volcanes 50+ Sports
& Fitness Center**
Call 839-3710

Palo Duro 50+ Sports & Fitness Center
Call 880-2800

N. Domingo Baca Fitness Center
Call 764-6496

**Zumba® Gold Classes**

Check out this fun new dance/aerobic class. Zumba is a fusion of Latin and international music creating a dynamic and exciting workout experience. No dance experience required.

EXERCISE CONTINUED**Zumba® Gold Classes, con't.****Los Volcanes**

50+ Sports & Fitness Center,
Aerobic Room
Tues., Thurs., 9:30–10:30 am
\$1, Dee Williams
Tuesday, 5:30–6:30 pm
\$3, Julie Stoffer

Manzano Mesa, Gym

Monday, Wednesday
10:45–11:45am
\$1, Cheryl Hallada

North Domingo Baca, Social Hall

Tues., Thurs. 9:00–10:00 am
\$1, Theresa Hallada

Zumba

Highland, Room 8
Wednesday, 5:30pm – 6:30 pm
\$3 per class w/punch card
\$4 drop in
Instructor: Cheryl Zilser

Manzano Mesa, Gym

Saturday 11:15–12:15pm
Thursday 6:00–7:00pm
\$2 Jenny

North Domingo Baca, Social Hall

Monday 8:30am–9:30am
& 4:30pm–5:30pm
Tuesday 9:00am–10:00am
(Zumba Gold) & 4:30–5:30 pm
Wednesday 9:00am–10:00am
(Zumba Gold) & 5:30–6:30 pm
Thursday 9:00am–10:00am
(Zumba Gold) & 4:45pm–5:45pm
Friday 8:30am–9:30am
& 4:45–5:45 pm
Saturday 9:05–10:05 am
& 1:00–2:00 pm

Zumba Gold Toning

This class is designed for the active older adult. You will use fast and slow rhythms and resistance training to tone and sculpt your body and burn fat.

Manzano Mesa, Gym

Friday, 8:00 – 9:00am
\$2 Dee Williams

FENCING

Fencing is an elegant sport with a rich history. Known as "physical chess," it helps maintain balance, posture and coordination in addition to cognitive focus and critical thinking skills. Whether fencing with your grandkids or your friends, it is a wonderful sport for seniors, even those with moderate disabilities like arthritis or joint replacements.

Duke City Fencing welcomes visitors

Monday - Friday 5 pm–8 pm
Contact: Toby Tolley 872-0048 or
info@dukecityfencing.net

FIELD EVENTS

See Track and Field page 34

GOLF**DSA Golf Tournament**

The Department of Senior Affairs hosts a Golf Tournament every year.
Contact James Mader
764-6475

Albuquerque 50+ Games**Golf Competition**

Hosting both the men's and women's golf competitions. Participants will be called with their tee times, starting with men at 9:00 am.

Green fees including carts will be \$35.80 for 18 holes.

Thursday, May 8, 2014

Arroyo del Oso Golf Course -
7001 Osuna Rd NE

The tournament is a scratch event no handicap and will be a New Mexico Senior Olympics qualifying event.

Coordinator:
Brett Steinmetz 880-2800

HEALTHY LIVING

See Healthy Living page 29

HORSESHOES**Albuquerque 50+ Games****Horseshoe Competition**

Horseshoes provides a means for people of all ages to enjoy good exercise while having fun.

Sat., May 17, 2014

10:00 am

Los Altos Park,

10130 Eubank NE

This event will be a New Mexico Senior Olympics qualifying event.

Coordinator: Brett Steinmetz 880-2800

**HUACHAS****Albuquerque 50+ Games****Huachas Competition**

If you enjoy horseshoes, you will like pitching washers.

Thursday, April 24, 10:00 am

Palo Duro 50+ Sports & Fitness Center

Competition will be in both doubles and singles.

This event will be at the New Mexico Senior Olympics.

Coordinator:

Brett Steinmetz 880-2800

**OPEN HUACHAS**

Also known as "Hillbilly Horseshoes," this game is a physical game of skill much like horseshoes, but uses large metal washers that are pitched at a 3-inch hole in a 24 x 24 inch ground platform from 21 feet away. Players receive points based on how close their washers land to the hole. Try your hand at this sport at our weekly practices.

Bear Canyon, Ernie Taylor Park

Friday, 10:00–11:00 am

(weather permitting)



HEALTHY LIVING

Manage Your Chronic Disease (MyCD) Program Workshop

If you have (or care for someone with) a chronic health condition such as: diabetes, arthritis, high blood pressure, heart disease, chronic pain, anxiety, or other long-term health conditions, this is the workshop for you. Learn from specially trained group leaders with chronic health conditions themselves. Set goals and make a step-by-step plan to improve your health and your life. Put Life Back Into Your Life. Find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, understand new treatment choices, and learn better ways to talk with your doctor and family about your health.

Free 6-week workshop. • 2.5 hour meetings • ALL MyCD Programs are Free of Charge

For more information visit: <http://www.arthritisnm.org/myCD-program.html>

Pre-registration required: 880-2800

2014 Schedule

LOS VOLCANES

50+ Sports and Fitness Center

Tues. from 1:00 - 3:30 p.m.

Jan. 14 through Feb. 25, 2014

(skipping Tues., Feb. 4, 2014, as the Center is closed for cleaning);

Mar. 11 through Apr. 15, 2014;

May 6 through June 10, 2014;

July 8 through Aug. 19, 2014

(skipping Tues., July 22, 2014, as the Center is closed for cleaning);

Sept. 2 through Oct. 7, 2014; and

Oct. 28 through Dec. 2, 2014.

PALO DURO Senior Center

Thurs. from 1:00 - 3:30 p.m. on:

Jan. 16 through Feb. 20, 2014;

Mar. 13 through Apr. 17, 2014;

May 15 through June 19, 2014;

July 10 through Aug. 14, 2014

(skipping Thurs., Aug., 2014, as the Center is closed for cleaning);

Sept. 4 through Oct. 9, 2014; and

Oct. 16 through Nov. 20, 2014.

NORTH DOMINGO BACA

Multigenerational Center

Wed. from 1:30 p.m. - 4:00 p.m. on:

Jan. 15 through Feb. 26, 2014

(skipping Wed., Jan. 29, 2014, as the Center is closed for cleaning);

Mar. 12 through Apr. 16, 2014;

May 14 through June 18, 2014;

July 23 through Aug. 27, 2014;

Sept. 3 through Oct. 8, 2014; and

Oct. 15 through Nov. 19, 2014.

NM VETERANS' AFFAIRS HEALTH CARE SYSTEM

held at the New Mexico Veterans' Memorial Park (1100 Louisiana Blvd. SE). To learn more about this wonderful

community resource that includes a: visitor center, 25-acre memorial park, museum, library and meeting facilities, please visit <http://nmvetsmemorial.org>

Wed. from 9:00 to 11:30 a.m. on:

March 12 through April 16, 2014;

May 7 through June 11, 2014;

July 9 through August 13, 2014; and

August 27 through October 1, 2014.

LOVELACE WESTSIDE HOSPITAL

(10501 Golf Course Rd NW with Theresa Jones Henry at 727-2001 as contact):

Thurs. from 10:00 a.m. to 12:30 p.m.:

January 23 through February 27, 2014;

March 13 through April 17, 2014;

May 22 - June 26, 2014;

July 17 through August 21, 2014;

Sept. 4 through Oct. 9, 2014; and

Oct. 16 through Nov. 20, 2014.

MEADOWLARK SENIOR CENTER

4330 Meadowlark Lane in Rio Rancho Room 5 (maximum 15):

Fridays from 9:00 - 11:30 a.m. March 21 through April 25, 2014

with PLTC Cancer Education Conversations held on the same dates

from 12:20 - 2:00 p.m. in Conference Room (maximum 8 - 10 participants).

BOSQUE FARMS COMMUNITY CENTER

located at 950 North Bosque Loop, Bosque Farms, NM

Days, times, and dates to be determined.

UNM VALENCIA CAMPUS

280 La Entrada Rd Los Lunas, NM

(505) 925-8500

Days, times, and dates to be determined.

PRESBYTERIAN HEALTHPLEX - Classroom C (6301 Forest Hills Dr NE, close to I-25 and San Antonio/San Pedro Days, time, and dates to be determined.

PRESBYTERIAN RUST MEDICAL CENTER (2400 Unser Blvd. SE, Rio Rancho) Days, time, and dates to be determined.

SANTA FE:

CHRISTUS ST. VINCENT REGIONAL MEDICAL CENTER/St. Vincent Hospital Foundation 455 St. Michael's Drive, Santa Fe, NM Days, time, and dates to be determined.



MASSAGE**Chair Massage**

Natural non-invasive pain relief. Benefits include improved posture and range of motion, reduced anxiety and stress, increased sense of well-being massage done for a nominal fee.

North Domingo Baca,
Upstairs Lobby
Thursday, 9:00am-3:00pm
Lani Burns LMT #3387

Palo Duro Senior Center
Lobby
Tuesday, 9:00-11:00am
Lani Burns LMT #3387

PICKLEBALL

Pickleball is played with a perforated plastic ball and wood or composite paddle on a badminton court with the net lowered to 34 inches. "It resembles tennis and table tennis on a badminton court."

Albuquerque 50+ Games
Pickleball Tournament
Friday-Sunday

April 11, 12, 13 9:00 am

Manzano Mesa, 501 Elizabeth SE

The divisions will be singles, doubles and mixed. This event will be a New Mexico Senior Olympics qualifying event.

Coordinator:

Gary Rutherford (505) 507-3663 Penny Forgette (505) 379-7074

Compete & Meet

Doubles Pickleball Tournaments
See Compete and Meet Games



abqpickleball.com
for more information

Open Pickleball

Times are subject to change from summer to winter.

Gary Rutherford 505-507-3663

Penny Forgette 505-379-7074

Barelas, Social Hall

Monday, Wednesday,
9:30-11:15 am

Manzano Mesa, Gym

Thursday, 2:00-4:00 pm
Saturday, 9:00-11:00 am

Los Altos Park

Outdoors anytime
Call Gary Rutherford for times
(505) 507-3663
abqpickleball.com for info.

Los Padillas

Community Center, Gym
Friday, 6:00-8:00 pm

Los Vecinos

Community Center, Outdoors
Monday, Thursday, 9:00-11:00 am

Los Volcanes, Social Hall

Monday, Wednesday, Friday,
9:30-11:00 am
Monday, 12:30-3:00 pm

Paradise Hills

Community Center

Outdoors anytime:
Call Gary Rutherford
(505) 507-3663 for info

Raymond G. Sanchez

Community Center

Tuesday, Wednesday, 1:00-3:00 pm

Outdoors anytime,
contact 897-8896 for more information

Roosevelt Middle School, Gym

Tuesday, Thursday, 6:00-8:00 pm
Saturday, 9:00 am-12:00 pm
Sunday, 1:00-3:00 pm

Call ahead if weather is nice, play @ Los Altos park:
Gary Rutherford (505)-507-3663

Pickleball Training

Manzano Mesa, Gym

Tuesday, Thursday, 9:15-11:00 am
Saturdays 12:30 - 2:50

RACEWALKING

Albuquerque 50+ Games
Racewalking Competition
5K Racewalk

Saturday April 5, 2014 8:00 am
Tingley Beach

The Albuquerque 50+ Games qualifying race for the New Mexico Senior Olympics.
Coordinator: Lenny Krosinsky, 250-2283



Albuquerque 50+ Games
Racewalking Competition

400 & 1500 meter Racewalk at the Track & Field Competition

Saturday, May 3, 2014 Beginning at 9:00 am

Albuquerque Academy 6400 Wyoming NE

This event will be a New Mexico Senior Olympics qualifying event.

Coordinators: Lenny Krosinsky, 250-2283



RACEWALKING CONT.

Racewalking

Racewalking appeals to many people because they can successfully participate and enjoy doing a sport! Try it for yourself and see how much fun this activity can be.

The 2014 New Mexico Racewalkers weekly training at Tingley Beach, Saturday, 8:00 am

If you are interested in learning how to racewalk, participate in racewalking, or would like to join the practices, call Lenny Krosinsky, past President of the N.M. Racewalkers at 250-2283, Lenny's e-mail at lennykro@aol.com or visit www.newmexicoracewalkers.org.

RACQUETBALL

Albuquerque 50+ Games Racquetball Competition

Thursday, March 27, 2014 8:00 am,
Midtown Sports & Wellness
4100 Prospect Ave. NE.

This event will be a New Mexico Senior Olympics qualifying event.

Coordinator: Paula Sperling, 888-4811



Racquetball Clinics

Open to the public, these low cost clinics are for all playing levels—beginners to advanced. Each session includes safety tips, rules, stroke mechanics, strategy and playing time. What better way to improve your performance at the Albuquerque 50+ Games Racquetball Tournament!

Midtown Sports & Wellness Clubs
Thursdays, 10:00 am–12:00 pm

\$20 Sports & Wellness Members
\$40 Non-Members

Individual classes are \$10. Players can join at anytime. Cost is prorated based on the number of sessions attended.

Information: Paula Sperling at Midtown 888-4811.



ROADRACE

Albuquerque 50+ Games

Roadrace 5K and 10K Competition

This is an invitation to all the weekend runners to get recognition for your hard work.

Saturday, April 12, 2014
7:00 am



This event is a New Mexico Senior Olympics qualifying event. In addition, the 5K and 10K will run concurrently; so you will have a chance to qualify in both races on the same day! Both races start together. The 5K time will be recorded. If you want to receive a time in the 10K you just keep going to the 10K finish.

Coordinator: Maggie Ezzard 265-7395

SHUFFLEBOARD

Did you know that shuffleboard originated as shovelboard in which players used broom-shaped paddles and was gambled over by King Henry VIII? We've come a long way to the deck shuffleboard we play today.

Albuquerque 50+ Games Shuffleboard Competition

Friday–Saturday,
March 7, 8, 2014 9:00 am

Manzano Mesa, 501 Elizabeth SE

This event is a New Mexico Senior Olympics qualifying event.

Coordinator: Gladie Peltomaki, 764-6436



Silver Shufflers

When was the last time you had a good, competitive game of shuffleboard? Come join this group for an afternoon of fun and excitement.

\$1 donation

Information: Scott Heron 299-7768

E-mail: boogie921@juno.com

Website: www.senior-sports.org



SNOWSHOEING TRIPS - See Winter Outdoor Recreation pg. 7

SOFTBALL**New Mexico Senior Olympics Softball Competitions**

State competition only



The New Mexico Senior Olympics will qualify athletes for the National Senior Olympics.

Dates, times and locations will be announced at a later date.

For information contact the New Mexico Senior Olympics, 1-575-623-5777, <http://www.nmseniorolympics.org>, or contact the Palo Duro 50+ Sports and Fitness Center, 880-2800.

Men's Softball

Practices begin in February with league play held on Tuesday and Thursday mornings from April to September.

Bear Canyon 65+ League

Bill Dubuque, 293-9530

Palo Duro

Papa Murphy's Team

Marc LaChey, 275-2331

Women's Softball (League Play)

The City of Albuquerque Parks and Recreation Dept. and the NM Senior Sports Foundation are establishing a separate 50+ senior women's league.

Information, contact the City Sports Office at 291-6239 or the NM Senior Sports Foundation at 299-7768 or visit the website at www.senior-sports.org.

Silver Gloves

Women age 50 and over are welcome to join. Practice and tournaments are held throughout the year.

Information contact

Website: www.senior-sports.org

SWIMMING**Albuquerque 50+ Games Swimming Competition**

Saturday, March 22, 2014

Warm-up beginning at 7:30 am, meet begins at 9:00 am

West Mesa Aquatic Center,
6705 Fortuna Road NW

This event is a New Mexico Senior Olympics qualifying event.
Coordinator: Tim Wilde, 269-0645

**Recreational Swimming**

The City of Albuquerque, Parks and Recreation Department offers recreation swimming, water exercise, swimming lessons and lap lane times.

For fees and info. call the Parks and Rec. Dept. at 768-5300, one of the following pools, or visit www.cabq.gov/aquatics.

Compete & Meet Swim Workshops

Jan. 12, 26 and Feb. 23



January 12 is our first Learn To Swim clinic! January 26, we will have a technique swim workshop with part dry land coaching and part swim practice, and on February 23, we will have our last workshop preparing you for the 50+ Games competition. The third workshop will focus on specific techniques for racing events, particularly the ABQ 50+ games events. Call Tim Wilde for more information or sign up at Palo Duro Sports and Fitness. See Page 11.

Cost is \$3.00 donation/workshop

**Lap Swim****Highland Pool**

400 Jackson SE, 256-2096

Monday-Friday, 6:00-8:00 am,
11:45 am-1:15 pm, 6:00-8:00 pm

Saturday-Sunday, 12:00-1:00 pm

Los Altos Pool

10100 Lomas NE, 291-6290

Monday-Friday, 6:00-10:00 am,
11:30 am-1:30 pm, 6:00-7:00 pm

Saturday-Sunday, 11:00 am-1:00 pm

Sandia Pool

7801 Candelaria NE, 291-6279

Monday-Friday, 6:00-8:00 am,
6:00-8:00 pm

Saturday-Sunday, 11:00 am-1:00 pm

Valley Pool

1510 Candelaria NW, 761-4086

Monday-Friday, 6:00-8:00 am,
6:00-8:00 pm

Saturday-Sunday, 12:00-4:00 pm

West Mesa Aquatic Center

6705 Fortuna Rd. NW, 836-8718

Monday-Friday, 5:30-8:00 am,
6:00-8:00 pm

Saturday-Sunday, 12-4 pm

**See page 23 for
a variety of
Dance Opportunities!**

TABLE TENNIS

Albuquerque 50+ Games

Table Tennis Competition

Saturday–Sunday

March 15-16 8:00 am

North Valley 3825 4th St. NW

This event will be a New Mexico Senior Olympics qualifying event.

Coordinator: Marv Sommers, 239-1443

**Practice and Play**

Since its inception in 1880s England as an after-dinner amusement for upperclass Victorians, this sport has grown into an international favorite. Originally, a line of books served as the net, a champagne cork or knot of string as the ball, and a cigar box lid as the racket. Come see how it has evolved!

Barelas, Social Hall

Thursday, 1:00 pm–3:00 pm

Los Volcanes, Social Hall

Tuesday, 1:30–4 pm

Palo Duro, Mesquite Room

1st Saturday, 9:30–10:30 am

2nd, 3rd & 4th Saturday, 9:30–11:30 am

North Valley, Social Hall

Monday, 2:00–5:00 pm (upon request)

Manzano Mesa, Game Room

Monday–Friday, 8:00–9:00 am

Saturday, 9:00–3:00 pm

Pajarito Senior Meal Site

Wednesday, 12:30–1:30 pm



TALENT SHOW

Albuquerque 50+ Games

2014 Talent Show

Part of the Talent Show and Dance Competition

Categories include: band, kitchen band, instrumental, vocal, dance, comedy and reading. Seating is limited for this popular show and tickets are required. To reserve your FREE tickets call the 50+ Sports & Fitness Office 880-2800.

Tuesday, April 8, 1:00 pm

African American Performing Arts Center

310 San Pedro NE

222-0785

Mandatory Meeting for Competitors

Learn the rule changes for the Talent Show and Dance Competition. All competitors must be represented at this meeting unless prior arrangements have been made.

Tuesday, February 25,

1:00 pm

Los Volcanes Senior Center**Mandatory Dress Rehearsal for Competitors**

Monday, April 7, 8:00 am

All competitors must be at the dress rehearsal in costume. A mandatory 10 points will be deducted from anyone not attending. This event will be a New Mexico Senior Olympics qualifying event.

Coordinator:

Brett Steinmetz 880-2800.

TENNIS

Albuquerque 50+ Games

Tennis Tournament

You don't have to be Pete Sampras to enjoy playing in our Albuquerque 50+ Games tournament.

Fri., Sat., Sun.,

April 25- 27, 2014

Jerry Cline Tennis Complex

7205 Constitution NE

Athletes will compete in Singles, Doubles and Mixed Doubles. This event will be a New Mexico Senior Olympics qualifying event. Coordinator: Brett Steinmetz 880-2800

Tennis Ball Machine

For players looking for extra practice. Players may reserve the machine up to two days in advance and the cost for an hour is \$8 which includes the court fee.

Sierra Vista Tennis Ctr.,

897-8815

Jerry Cline Tennis Ctr.,

848-1381

USTA Adult League

The Northern New Mexico District Tennis Association provides leagues for Adults, Seniors, and Super Seniors. The Adult season is scheduled for approximately 12 weeks when daylight savings time begins. Matches are scheduled from 10:00 am–6:00 pm weekends, and 6:00 pm weekdays, Monday– Friday. Seniors and Super Seniors are played in the fall beginning in September and matches are on weekends for seniors and during the week for the Super Seniors. Levels of play range from 2.5 through 5.0. Interested players may call Jud Lee at 505-263-2264, nnmtaleagues@gmail.com

TRACK

Albuquerque 50+ Games

Track & Field Competition

Fri. & Sat., May 2-3, 2014

Events begin at 9:00 am
Albuquerque Academy

6400 Wyoming NE

This event is a New Mexico Senior Olympics qualifying event.

Coordinator:

Brett Steinmetz 880-2800



Compete & Meet Games

Track & Field Workshop**Albuquerque Convention Center Indoor Track****March 8**
6-9 pm

Coordinator:

Brett Steinmetz 880-2800

**TRIATHALON**

New Mexico Senior Olympics

Triathlon

State competition only



There is no triathlon event at the Albuquerque 50+ Games.

To qualify to compete in the Triathlon competition at the 2012 New Mexico Senior Olympics, you must compete in one of the triathlon disciplines in the 2012 Albuquerque 50+ Games (Track, Cycling or Swimming).

Info: NM Senior Olympics,
1-575-623-5777, www.nmseniorolympics.org, or Palo Duro 50+ Sports & Fitness Center,
880-2800.**VOLLEYBALL**

New Mexico Senior Olympics

Volleyball Competition

State competition only



The New Mexico Senior Olympics will qualify athletes for the National Senior Olympics. Dates, times and locations will be announced at a later date.

For information contact the New Mexico Senior Olympics, 1-575-623-5777,
www.nmseniorolympics.org, or contact the Palo Duro 50+ Sports and Fitness Center,
880-2800.**Volleyball Pick-up Games**

Join the 50+ volleyball players for drop-in volleyball matches.

**Wells Park Community Center, Gym****Monday, 6:00–8:00 pm**

Instructor: Dora Gunkel

Wilson Middle School, Gym**Saturday, 9:30 am–12:00 noon (Sept–Dec)**

Instructor: Dora Gunkel

Manzano Mesa, Gym**Monday** (open gym for any age group),
Friday (one court reserved for senior play),
5:00–7:00pm**Thursday, 6:00–9:00pm** (Open gym not reserved for just senior play)**EASTERN TRADITIONS****Nia Technique**

The Nia Technique™ draws inspiration from the dance arts, martial arts and healing arts for a cardiovascular, aerobic, and super fun workout that is challenging and stimulating, yet easy to follow. We dance in our bare feet so we build strength from the ground up.

Highland, Room 8**Thursday, 11:15 am–12:15 pm**

Michele Diel

Palo Duro, Aspen**Wednesday, 3:15–4:15pm**\$6 or \$30/5classes/First Class
Free**Yoga**

These classes combine core management methods with mind/body/breath discipline to reduce physical and mental stress and lengthen muscles. Yoga will improve posture and core strength, as well as reduce lower back pain and increase muscle flexibility.

Barelas**Monday, Thursday, 9:15–10:30 am**

Dolly Sanchez

Highland, Room 8**Wednesday, 1:15–2:45 pm****Los Volcanes 50+ Sports**

& Fitness Center, Aerobics Room

Saturday, 8:10–9:30 am

\$3, Kathy Crisp

Manzano Mesa, East Social Hall**Monday, 6:15–7:00 pm**

\$25 per month, Ann Owen

North Domingo Baca,**Tuesday, 6:00–7:00 pm** (Upstairs Aerobic Room)**Thursday, 6:00–7:00pm** (Classroom 5)

\$5, Anita

Wednesday, 8:00–9:00 am**Friday, 9:00–10:00 am, 1:00–2:00 pm****Saturday, 12:00–1:00 pm****Tijeras Senior Center****Wednesday, 10:45–11:45am**

Sara Levin

Free

Call 286-4220 for more information



EASTERN TRADITIONS Continued

Yoga, Chair

Focus on alignment, breathing, relaxation, and core awareness while gently opening up the body, increasing strength, flexibility, mobility and building bone density.

Los Volcanes, Room 10
Friday, 10:00–11:00 am
\$5, Maebi Richards

Palo Duro, Ponderosa
Friday, 1:30–2:30pm
Kae Sumrall

Yoga, Dahn

Dahn Yoga is an integrated mind-body training method that combines deep stretching exercises, meditative breathing techniques and energy awareness training. Dahn Yoga was created for people who want to gain flexibility and balance of mind and body in the midst of their busy and sometimes hectic lives. It is easy and simple enough for anyone to learn, yet challenging for even the most advanced practitioner.

North Domingo Baca Fitness Center,
Group Exercise Room (Upstairs)
Saturday, 10:30–11:45am
\$5, Lynn Alexander

North Valley, Room 1 & 2
Tuesday, Thursday, 3–4 pm
\$3, David Plummer

Yoga, Hatha

Gentle yoga with an emphasis on stretching and breathing.

Los Volcanes, Room 2
Monday, 2:00–3:00 pm
\$5 per class, Maebi Richards

Yoga, Hatha-Plus

This class combines Hatha yoga and core body work.

Manzano Mesa, Room 5
Friday, 9:00–10:00 am
Janet Porter

Yoga, Hatha

Practice breathing and Hatha yoga postures. Breathing revitalizes the brain and internal organs with oxygen, and postures keep the spine supple and healthy. This class will help lower your blood pressure and calm nerves.

Manzano Mesa, Room 5
Wednesday, 9:00–10:00 am
Dee Cappelle

Yoga—Kundalini

Kundalini, an electric, fiery, occult life force, is a spiritual power that brings in energy, expands the mind, and opens new thinking.

Manzano Mesa, Room 4
Wednesday, 10:00–11:00 am
Sueshila Stubbe

Laughter Yoga

Come laugh your way to good health! Class incorporates laughter exercises and yogic breathing that combine to reduce stress and promote well-being.

Los Volcanes, Room 2
Friday, 10:00–11:00 am
\$5, Maebi Richards

T'ai Chi

A holistic way to health and happiness based on the gentle movements presented in a unique way for healing mind and body and engaging the spirit.

Los Volcanes, Room 2
Wednesday, 12noon–1 pm
\$3, Jim Dell

Yang Style Tai Chi:

North Domingo Baca
Friday, 11:30–12:30pm
\$5, Sifu TyBeh

T'ai Chi Chih

T'ai Chi Chih is a series of easy, gentle movements that balance the internal energy (Chi). It is often called a moving meditation and the benefits of this practice can include improved balance, flexibility, stamina, and regulation of stress blood pressure and weight.

Palo Duro, Aspen Room
Beginning: Wednesday,
4:30–5:30 pm
Continuing: Wednesday,
5:45–6:45 pm
Oct 19–Dec 14 (No Class
Nov 23); Jan 11–Feb 29;
Mar 7– May 2 (no class
Mar 21); May 9 – June 27
\$60/8 week session
Ellen Tatge

Manzano Mesa
Tuesday, 5:30–6:30 pm
\$60/8-week session
Register: Eileen Devine
281-9731

North Domingo Baca
Wednesday, 3:30–4:30pm
FREE, Mona Lee Schilling

Practice: Bear Canyon,
Room 117
Wednesday, 11:30 am –
12:45 pm
Mary Moriarty

Bear Canyon, Room 112
Wednesday, 3:30–4:30 pm

T'ai Chi Ch'uan

A form of martial arts, that provides a cardiovascular workout and improves balance.

Barelas, Social Hall
Wednesday, 9:30–10:30 am
50 cent suggested donation,
Ilene Dunn

WORKSHOP

All Levels Welcome

Bear Canyon, Social Hall
Thursday, 9:30–11:00 am
John Young

Manzano Mesa, Room 4
Tuesday, 9:30–10:30 am
Master Dug Corpolongo

Palo Duro, Ponderosa Pine
Friday, 9:30–10:30 am (not
meeting first Friday of every
month)
Sifu Ty Beh

North Valley, Room 1 and 2
Monday, 9:30–10:30 am
Master Dug Corpolongo

Bear Canyon, Social Hall
BEGINNER:
Saturday, 11:30 am–1:00 pm

No sign up required
Yolanda Day and Richard
Coursey

Discussion Group
Bear Canyon, Room 112
Tuesday, 1:00–2:30 pm
John Young

Highland, Social Hall
Thursday, 9:30–10:30 am
Master Dug Corpolongo



SELF DEFENSE

**Aikido**

A non-aggressive style of martial arts working on the principle: "do not fight force with force". Redirect the attacker's energy and use it to your favor.

North Domingo Baca

Monday, 6:00–7:30 pm

Friday, 6:00–7:30 pm

Saturday, 9:00–11:45 am

See instructor for prices,
Charles Watkins

North Domingo Baca

Fitness Center, Group
Exercise Room (Upstairs)

Wednesday,

7:15–8:30 pm

\$4/class

Charles Watkins

**Feldenkrais Method
Awareness Through
Movement**

Often referred to simply as "Feldenkrais", is a somatic educational system designed by Moshé Feldenkrais. Feldenkrais aims to reduce pain or limitations in movement, to improve physical function, and to promote general well-being by increasing students' awareness of themselves and by expanding students' movement repertoire.

North Domingo Baca

Thursday, 6:15–7:15pm

\$5/class, Steve Mulvihill.

Palo Duro, Mesquite

Room

1st, 2nd, 4th, Thursday,

10:00–11:00 am

\$5/class, Steve Mulvihill

TaeKwondo**North Domingo Baca**

Monday, 7:15–8:15 pm

Tuesday, 7:15–8:15 pm

Thursday, 7:15–8:15 pm

\$70/month, David Martin

All-Star Youth Karate

For ages 4–16, this karate/self defense program covers martial art techniques, emphasizing self-defense and child safety awareness.

Manzano Mesa,

East Social Hall

Wednesday, 6:00–9:00 pm

David Vigil, to register:

899-1666

Kendo Kai

Meaning "Way of The Sword," is a modern Japanese martial art, which descended from traditional swordsmanship (kenjutsu) and uses bamboo swords (Shinai), and protective armor. It is a physically and mentally challenging activity that combines martial arts practices and values with sport-like strenuous physical activity

Manzano Mesa,

East Social Hall

Friday, 6:00–8:00 pm

Davis Begay

North Domingo Baca

Wednesday: 7:00–8:45pm

wwDavis Begay. \$20.00 for
adults and \$10.00 for youth.

Iron Olympian Karate

Develop physical strength, discipline, balance, coordination and self-esteem. Class includes breakaway techniques and safety awareness.

Manzano Mesa, Room 3

Tuesday, Wednesday,

6:00–8:00 pm

Chris Nowak

**Personal
Defense Club,
Close Quarter Combat**

Provides a place to learn, teach and practice personal fighting skills. It is not associated with any traditional Asian art or sport.

Manzano Mesa, Room 4

Monday, 7:30–9:00 pm

\$10 per month,

Dr. Sean Ross



WEIGHT TRAINING

Weight Training Orientations

Weight training will keep you feeling and looking great. Not only will weight training give you more energy, but also increases muscle tone and bone density. Join one of our free orientations where we instruct on the fundamentals of weight training.

Los Volcanes 50+ Sports & Fitness Center

Call 839-3710 for appointment

Manzano Mesa, Fitness Room

Call 275-8731 for appointment

North Domingo Baca, Fitness Room

Call 764-6496 for appointment

Palo Duro 50+

Sports & Fitness Center

Call 880-2800 for appointment

**Fitness Facilities**

Our fitness facilities are equipped with strength training and cardio equipment. A \$13 per year membership fee entitles you to full privileges. There is a contribution of 50¢ per visit. Free equipment orientations are available by appointment.

Los Volcanes 50+

Sports & Fitness Center

839-3710, 6500 Los Volcanes, NW

Manzano Mesa, Fitness Room (18 yrs. old +)

275-8731, 501 Elizabeth, SE

(18 years of age and older)

Palo Duro 50+ Sports & Fitness Center

880-2800, 3351 Monroe, NE

North Valley, 761-4025

3825 Fourth Street, NW

North Domingo Baca, Fitness Room (18 yrs. old +)

764-6496, 7520 Carmel, NE

Closed 1:30–2pm daily for cleaning.

Basics with Free Weights

For novice lifters to learn safe and proper free weight lifting techniques to be used as an alternative, or in conjunction with workout machines.

Los Volcanes 50+ Sports & Fitness Center

Call 839-3710 for schedule

North Domingo Baca Sports & Fitness Center

Call 764-6496 for schedule

Open Weight Room

Join us for our exclusive senior's only weight room hour.

Cesar Chavez Community Center,

La Mesa Senior Meal Site

Monday, Wednesday, Friday, 8:00–10:00 am

FREE

Call 764-6474 for more information